

Don't Panic

Deep Breathing - Breath Hold Breathing Technique

What happens when we get an anxiety or panic attack?

You are going to hyperventilate or breathe higher in the chest and speed it up.

So what is the trick? To slow down your breathing.

How to do? By breathing longer out.

But when you're panicking you will have the feeling that you are short on breath. That is why we hold our breath for 2 seconds. Just to give us the feeling that we are okay.

So what is the breathing technique?

Deep Breathing - Breath Hold Breathing Technique

Simply said 4-2-8 breathing. In for 4, hold for 2 and breathe out for 8 seconds.

In for 4 seconds

Hold for 2 seconds

Breathe out for 8 seconds

Longer out than 8 seconds is ofcourse okay.

Some things to consider

Practise this technique **AS MUCH AS YOU CAN** during the day so it becomes second nature. Whenever you will experience stress you will automatically do the technique because you have practised.

When you suffer from an attack and you do this technique, you want to keep on doing this technique until both your breath in and out is fluent, without gasps.

Towards the end, when your attack is under control, slow it down as much as you can. Also the breath in. When you think you are finished, 3 more breaths.

That's it!

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