



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Breathing Exercises for Anxiety

Here are a few simple breathing exercises to help with anxiety relief. These techniques can calm the nervous system and promote relaxation.

1. 4-7-8 Breathing (Relaxing Breath)

- Inhale through the nose for **4 seconds**
- Hold the breath for **7 seconds**
- Exhale slowly through the mouth for **8 seconds**
- Repeat **4-5 times**

This method helps slow the heart rate and relax the body.

2. Box Breathing (Square Breathing)

- Inhale through the nose for **4 seconds**
- Hold the breath for **4 seconds**
- Exhale slowly through the mouth for **4 seconds**
- Hold the exhale for **4 seconds**
- Repeat **4-5 times**

This technique is great for grounding and regaining control in moments of high anxiety.

3. Diaphragmatic Breathing (Belly Breathing)

- Place one hand on your chest and one on your stomach.
- Inhale deeply through your nose, expanding your belly (not your chest).
- Exhale slowly through pursed lips.
- Repeat **for 5-10 minutes**.

This type of breathing encourages full oxygen exchange and deep relaxation.



4. 5-5-10 Breathing

- Inhale for **5 seconds**
- Hold for **5 seconds**
- Exhale slowly for **10 seconds**
- Repeat until calm

A longer exhale activates the parasympathetic nervous system, reducing anxiety.

Guided Breathing Script for Anxiety Relief

Begin by finding a comfortable position.

You can sit upright with your feet flat on the floor or lie down with your arms relaxed at your sides.

Gently close your eyes or soften your gaze.

Take a deep breath in through your nose... and slowly exhale through your mouth.

Let go of any tension in your body.

Relax your shoulders... unclench your jaw... let your hands rest naturally.

Now, let's begin a calming breathing exercise.

4-7-8 Breathing

1. **Inhale deeply through your nose... 1... 2... 3... 4...**
Feel your belly expand as you breathe in.
2. **Hold this breath... 1... 2... 3... 4... 5... 6... 7...**
Stay present in this moment.
3. **Exhale slowly through your mouth... 1... 2... 3... 4... 5... 6... 7... 8...**
Feel your body releasing tension.

Let's do this again.

Inhale for 4... Hold for 7... Exhale for 8.

Repeat this for **three more cycles** at your own pace.

[Pause for a few moments]

Box Breathing (Square Breathing)

Now, we'll try another exercise called **Box Breathing**.



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1. **Inhale through your nose for 4 seconds... 1... 2... 3... 4...**
2. **Hold your breath for 4 seconds... 1... 2... 3... 4...**
3. **Exhale slowly through your mouth for 4 seconds... 1... 2... 3... 4...**
4. **Hold again for 4 seconds... 1... 2... 3... 4...**

Let's repeat this cycle three more times.

Breathe in... hold... breathe out... hold.

Imagine each breath forming a square—calm, steady, and balanced.

[Pause for breathing]

Closing Relaxation

Now, return to your natural breathing.

Notice how your body feels—lighter, calmer, more at ease.

Take one final deep breath in through your nose... and a slow, gentle exhale through your mouth.

When you're ready, slowly open your eyes.

You are safe. You are in control.

Carry this sense of calm with you as you move forward.