

Breathing through panic

4 X 4 Breathing

Breathe IN -2 -3-4

And hold 2- 3- 4

Breathe OUT -2 -3-4

And hold 2- 3- 4

Repeat 4X then rest a minute

Repeat as necessary

Reverse Breathing

Pull stomach muscles in and then breathe OUT through your mouth

Let go stomach muscles and then breathe IN through the nose

Repeat 4X then rest a minute

Repeat as necessary

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