

BREATHING TECHNIQUES TO MANAGE ANXIETY

4-7-8 Breathing Technique

Anxiety can be a challenging experience that can leave you feeling overwhelmed and stressed. However, taking a few moments to focus on your breath can help you feel more grounded, centred, and in control. **In this worksheet, we will help you learn an effective breathing technique that can help you manage anxiety and reduce stress.** This is a simple technique, and can be done anytime and anywhere.

So, take a deep breath, and let's get started!



[Watch the video for Breathing Techniques to Manage Anxiety: 4-7-8 Breathing Technique here.](#)

If you, or someone you know is looking to seek professional help, reach out to us at <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.