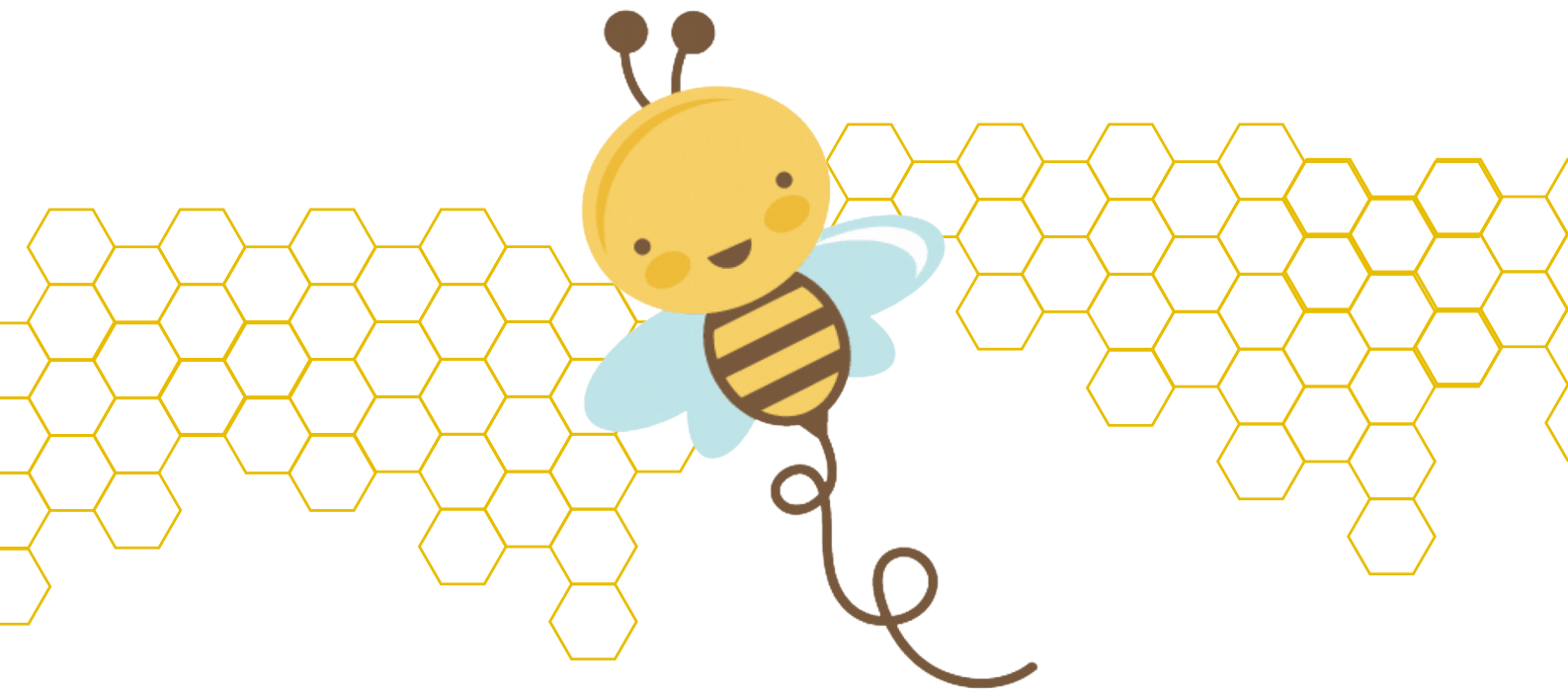


# BREATHING TECHNIQUES TO MANAGE ANXIETY:

## Humming Bee Breath

Anxiety is a common experience that may present itself in different forms for different people. Whether it's a general feeling of uneasiness, nervousness, or something that interferes with your daily life, or more severe symptoms such as panic attacks, it's important to take steps to manage your anxiety.

[The Humming Bee Breath is a calming and soothing breathing technique that can help you reduce anxiety and stress. It's a simple yet effective practice that involves making a humming sound while exhaling, which can help you relax and focus your mind.](#)



Incorporating breathing techniques like the Humming Bee Breath into your daily routine can help you **manage your anxiety and improve your overall well-being**. So, keep practicing, and don't hesitate to seek additional support if you need it. You've got this!



## Humming Bee Breath

The Humming bee breath is a calming and meditative breathing technique that can help you relax and reduce stress. Here's how to do it:

- Sit in a comfortable position with your eyes closed and your hands on your knees. *(pause for 2 seconds)*
- Inhale deeply through your nose. *(pause for 4 seconds)*
- And... exhale slowly while making a humming sound, as if you're chanting "om" or "mmm." *(pause for 3 seconds)*
- As you exhale, feel the vibrations in the middle of your forehead and chest as you hum. *(pause for 4 seconds)*
- Take a deep breath in *(pause for 4 seconds)*
- And...exhale with the humming sound. *(pause for 2 seconds)*
- Focus on the vibrations you may be feeling in your body *(pause for 5 seconds)*
- Let's do it one last time *(pause for 2 seconds)*
- Inhale...*(pause for 4 seconds)*
- And.. exhale *(insert humming sound)* - then *(pause for 7 seconds)*
- Repeat this process for a few minutes.

We hope this technique made you feel more grounded and centered.



Incorporating breathing techniques like the Humming Bee Breath into your daily routine can help you manage your anxiety and improve your overall well-being. So, keep practicing, and don't hesitate to seek additional support if you need it. You've got this!

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.