

# BREATHING TECHNIQUES TO MANAGE ANXIETY:

## Lion's Breath

With all the pressures and demands that life throws at you, it's natural to feel overwhelmed and get anxious. However, managing that stress and anxiety can feel challenging at times and make you feel low. In times like these, it's essential to take steps to better your anxiety. One of the best ways to deal with it is by practicing some breathing techniques.



[In this session, we will be exploring the Lion's Breath technique to help you release the tension in your body and your anxiety.](#)

It is a type of **yogic breathing** exercise that **involves taking a deep breath in and then exhaling with force while sticking out your tongue and making a "roar" while sticking out your tongue and making a "roaring" sound.** It might sound a bit unusual at first, but it can have some great benefits for your mind and body.

One of the main benefits of this technique is that it can help to **release tension and stress from your body.** By exhaling with force and making the "roaring" sound, you can release **pent-up energy and emotions**, which can help you feel more relaxed and centred.



Another benefit of the lion's breath technique is that it can help to **increase circulation and oxygenation throughout your body.** With this technique, you can increase the amount of oxygen in your bloodstream and help to **stimulate the flow of blood and energy throughout your body.**

Apart from all of this, the lion's breath technique is believed to have a **positive effect on the throat chakra**, which is associated with **communication and self-expression.** By making the "roaring" sound and sticking out your tongue, you can **activate and balance the throat chakra**, which can help you to feel more confident and expressive.

### Let us walk you through it.

- Sit in a comfortable position with your palms on your knees and keep your back straight. *(Pause for 4 seconds)*
- Take a deep breath and inhale through your nose. *(pause for 5 seconds)*
- Now, exhale loudly through your mouth while sticking out your tongue and making a "HA" sound, as if you're roaring like a lion while exhaling your anxiety. *(Pause for 3 seconds)*
- Let's do it once again. *(Pause for 2 seconds)*
- Breathe in...*(Pause for 5 seconds)*
- **And exhale with the "HA" sound** *(Pause for 3 seconds)*
- One last time, take a deep breath in... *(Pause for 5 seconds)*
- And exhale..."HA" *(Pause for 3 seconds)*
- If you want, you may repeat this exercise a few more times.



We understand that this exercise may seem new to you, but it is likely to help you feel the release of tension in your face and neck and ease your anxiety as you keep practicing it regularly.

**Remember, anxiety is something that we all go through at some point or the other, and it's okay to feel anxious at times. However, when it starts to interfere with your daily life and stays consistent, it's important to take steps to manage it.**

The breathing technique you've learned is a fantastic tool to help you calm down when you're feeling overwhelmed or anxious.

If you or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <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.