

ABDOMINAL BREATHING

We know that when our breathing gets faster, our heart beats more quickly and we are more likely to experience sensations that may result in an attack. Therefore, one way to reduce attacks is to get control of our breathing. Lots of people tend to breathe from their chests. However, breathing from the abdomen (our belly) allows you to take deeper breaths and slow the heart rate down, often reducing (and eventually resolving) the uncomfortable feelings of panic.

Try to do the following exercise if you find that your breathing can become fast and feel out of control when you have an attack.



- 1. Lie down on the floor and put your hands on your tummy.**
- 2. Pretend that your tummy is a big balloon and that you want to fill it as full as you can.**
- 3. Breathe in and see how big you can make your tummy.**
As you do, try counting slowly up to 10 (you may need someone to help you at first).
- 4. Slowly let the air out of the balloon, counting back from 10.**
It may sound easy, but try not to let the air out too quickly.
- 5. Keep doing this, slowly breathing in and filling the balloon and then holding the air in for a moment. Then slowly letting the air out again.**