



# RELEASE ANXIETY



*Breathe*

Your breath is so powerful that it can calm the most anxious nerves.

- Close your eyes
- Place a hand on your lower belly and a hand on your heart
- Breathe in through your nose into your lower belly and exhale out of the mouth with a sigh, softening your shoulders and jaw
- Repeat for 10 slow breaths, keeping your focus on the inhale and exhale



- Take a few deep breaths before you start
- Imagine you are in a column of light (whatever colour resonates)
- Breathe deeply in this column and allow the light to fill your body
- Give yourself permission to feel what needs to be felt, stay in this sensation for a few minutes- get comfortable with the uncomfortable without trying to heal, move or resolve it.
- Open your eyes and write down what has arisen for you - thoughts, feelings, images etc..
- Be open and honest with yourself without judgement
- After reading what you've written - (safely) burn it breathing deeply to let go of the emotions and tightness



Play your favourite music and do some serious shaking of the body.

- Shake your hands as if you are trying to shake off water from your hands.
- Move and shake your hips in a circular motion and then allow yourself to move freely to the music
- Breathing deeply. Do this for a minimum of 10 minutes