

DEEP BREATHING AS A TOOL TO MANAGE SOCIAL ANXIETY

WORKSHEET

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Deep breathing is a relaxation technique that can help you manage your social anxiety. When you feel anxious, your breathing may become shallow and rapid, which can make your anxiety worse. Deep breathing helps you slow down your breathing and activate the relaxation response in your body, which can help reduce anxiety symptoms.

1. Find a comfortable, quiet place where you won't be disturbed for a few minutes.
2. Sit in a comfortable position with your feet on the ground and your hands resting on your lap.
3. Close your eyes and take a deep breath in through your nose, filling your lungs with air. You can count to four or five while inhaling.
4. Hold the breath for a few seconds.
5. Exhale slowly through your mouth, pushing all the air out of your lungs. You can count to five or six while exhaling.
6. Pause for a few seconds before taking another deep breath in through your nose.
7. Repeat this deep breathing exercise for three to five minutes, or as long as you feel comfortable.
8. After you finish, take a few moments to notice how your body and mind feel. If you feel more relaxed and calm, you can use this exercise as a tool to manage your social anxiety.

Deep breathing is a simple yet powerful technique that can help you manage your social anxiety. With regular practice, deep breathing can help you reduce anxiety symptoms and increase your sense of calm and relaxation.

Remember to take a few deep breaths whenever you feel anxious, stressed, or overwhelmed, and use this technique as a tool to manage your social anxiety.

Also: Please note that the information provided in this worksheet is not intended as a substitute for professional medical advice, diagnosis, or treatment. Before beginning any deep breathing exercises, consult with your doctor to make sure they are appropriate for your individual health needs.