



Breathing Exercise for Anxiety

5-7-9 Exercise

This simple exercise requires no equipment and can be done anywhere. To begin this exercise with your back straight, use a chair or lean against a wall if you need to while learning the exercise.

For this exercise while you're counting it might help to watch a clock or stopwatch to keep a good rhythm. You will do at least 5 breath cycles, and each cycle will be comprised of three stages:

- Inhale, count 5 seconds
- Hold breath, count 7 seconds
- Exhale, count 9 seconds

As you inhale make sure you're breathing from your stomach first then your chest second. The goal during the inhalation is to have a full breath by the time you count to five.

Next, gently hold your breath for seven seconds

Finally slowly breath out so that all the air is pushed out by the time you count to nine. When you're ready, repeat this cycle.

*Check with your doctor before performing any exercise if you have a heart or other related medical condition