Coping with Anxiety

Breathing
- Take slow, deep breaths.
- Make your breath out longer, slower and deeper than your breath in.

Advanced Technique
- Inhale through the nose. Exhale through pursed lips.
- Practice Kaki Pranayama - Blow on you palm gently, as if making a candle flame flicker, but not blowing it out.
- Count your inhale and exhale. make the exhale at least twice as long as the inhale (and as long as possible).

Body
- Check shoulders, glutes and feet for tension.
- Move or stretch if you need to.
- Adhi Mudra - Curl four fingers around your thumb. Place plams in lap.
- Chin Maya Mudra - Place thumb and pointer finger together (OK sign). Curl other fingers into plam. Place palms in lap.

Affirmation
- Develop a short, positive statement of intention.
- Phrase it in the present tense. (Not, “I will...” “I am...”)
- Example: “I got this.”
- Repeat it to yourself with feeling and emphasis

Refocus
- Pay attention to one thing that you can actually feel and direct your attention there.
- Example: The feeling of your feet on the floor.
- Direct your attention there.

For more information, please visit lasso.okstate.edu/success-coaches or contact Lasso at (405) 744-3309 successcoach@okstate.edu