



Box breathing

Focus on the breath, breathing in for a count of four, holding the breath for a count of four, exhaling for a count of four, and then holding the breath again for a count of four.

4-7-8 breathing

Inhale for a count of four, holding the breath for a count of seven, and exhaling for a count of eight.

Diaphragmatic breathing

Breathe deeply into the diaphragm, the area below the ribcage. Fill your lungs from the bottom up

Alternate nostril breathing

Plug the right nostril with your thumb, and exhale through the left. Close the left and exhale through the right, and then inhaling through the right, alternating in this manner for as many breaths as you wish.

Progressive muscle relaxation

This exercise involves tensing and relaxing different muscle groups in the body, starting at the feet and working up to the head. As you tense each muscle group, take a deep breath in, and as you relax the muscles, exhale slowly.