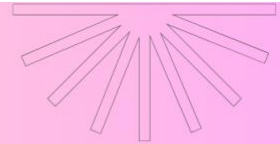


IN CASE OF ANXIETY

A small guide to
bring you back to
your body



Comprehensive Breathing, Somatic & Tapping Techniques for Anxiety Regulation

Hi there beautiful souls. If you're here, it means you're touching base with your anxiety and I know how uncomfortable that can be. Not only as a psychologist, but also as a human being who has learned the hard way to befriend her anxiety.

Even though the below techniques are not the cure, but they are a roadmap to bring you to your body and help regulate your emotions.

Anxiety manifests in different ways—racing thoughts, tightness in the chest, restlessness, or full-body tension. Breathing, somatic, and tapping techniques can be powerful tools to regulate the nervous system, ease anxiety, and bring a sense of control. This guide covers various methods tailored to different types of anxiety, including nighttime anxiety, social anxiety, panic attacks, and general stress.

Breathing Techniques

1. Extended Exhale Breathing (4-7-8 Method)

Best For: Racing thoughts, difficulty relaxing, sleep anxiety.

Steps:

- Inhale through the nose for 4 seconds.
- Hold the breath for 7 seconds.
- Exhale slowly through the mouth for 8 seconds.
- Repeat 4-5 times.

Try 4-4-6 if this feels difficult.

2. Hum Breathing (Vibrational Relaxation)

Best For: Restlessness, body tension, overactive mind.

Steps:

- Inhale deeply through the nose.
- Exhale with a long, gentle hum ("mmmm") until no air is left.
- Repeat for 2-3 minutes.

Tip: Place a hand on your chest for grounding.

3. Box Breathing (Nervous System Regulation)

Best For: Social anxiety, performance anxiety, high-stress situations.

Steps:

- Inhale through the nose for 4 seconds.
 - Hold the breath for 4 seconds.
 - Exhale through the nose for 4 seconds.
 - Hold the breath out for 4 seconds.
 - Repeat for 2-3 minutes.
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4. Ocean Breathing (Ujjayi Breath)

Best For: Chest tightness, emotional overwhelm, panic symptoms.

Steps:

- Inhale deeply through the nose, slightly constricting the throat as if fogging up a mirror.
 - Exhale through the nose with the same gentle throat restriction.
 - Breathe slowly and rhythmically for 2-3 minutes.
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Somatic Emotional Regulation Exercises

1. Grounding through Movement

Best For: Feeling dissociated, anxious in the body, needing to feel more present.

Steps:

- Stomp your feet firmly on the ground for 30 seconds.
 - Swing your arms or shake out your hands.
 - Stretch slowly, focusing on the sensation in your muscles.
 - End by pressing your palms together firmly for 10 seconds.
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2. Butterfly Hug

Best For: Emotional distress, needing comfort, trauma-related anxiety.

Steps:

- Cross your arms over your chest.
 - Gently tap left and right, alternating slowly for 30 seconds to 2 minutes.
 - Breathe deeply as you do this.
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3. Progressive Muscle Relaxation (PMR)

Best For: Full-body tension, feeling "on edge."

Steps:

- Tense one muscle group at a time (e.g., fists, shoulders, jaw) for 5 seconds, then release.

- Move from your feet up to your head.
 - Inhale while tensing, exhale while releasing.
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4. Vagus Nerve Activation (Gargling & Cold Stimulation)

Best For: Calming the nervous system, reducing overall anxiety.

Steps:

- Gargle with cold water for 30 seconds.
 - Splash cold water on your face or hold a cold pack to your neck for 15-30 seconds.
 - Sing or hum loudly for 1-2 minutes.
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Tapping Exercises (EFT – Emotional Freedom Technique)

Tapping (or EFT) combines acupressure with focused attention to regulate emotions and relieve anxiety. It involves tapping on specific body points while breathing deeply.

1. Nine -Point Tapping Sequence (General Anxiety Relief)

Best For: Overall anxiety, feeling overwhelmed, negative emotions.

Steps:

1. Eyebrow point (where eyebrows meet the nose) – Tap gently.
2. Side of the eye (on the bone) – Tap.
3. Under the eye (mid-cheekbone) – Tap.
4. Under the nose – Tap.
5. Chin point (between lower lip and chin) – Tap.
6. Collarbone (just below the collarbone) – Tap.
7. Under the arm (side of ribcage) – Tap.
8. Top of the head – Tap.

9. Side of the hand (karate chop point) – Tap.

Repeat for 2-3 rounds while focusing on a calming affirmation (e.g., "I am safe, I am grounded")

2. Hand Tapping (Discreet Stress Relief)

Best For: Social anxiety, stress in public, immediate emotional regulation.

Steps:

- Tap lightly on the side of your hand.
- Tap each fingertip gently.
- Tap on the wrist.
- Combine this with deep breathing.

Tip: Works well in public settings where full-body tapping is not practical.

3. Chest & Stomach Tapping (For Deep Emotional Release)

Best For: Anxiety that feels "stuck" in the body, difficulty processing emotions.

Steps:

- Use your fingertips to tap gently on the center of your chest (sternum).
- Tap slowly on the solar plexus (just above the belly button).
- Breathe deeply while tapping.

Tip: Combine with an affirmation like, "I allow myself to feel and release this."