



Holistic Life



# 4 minutes to get rid of anxiety

*by Georgiana Danet, mental trainer, yoga teacher, holistic coach  
and founder of Holistic Life Hub™*

Explore the healing powers of conscious breathing



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# Get rid of anxiety

In 4 minutes

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# Get rid of anxiety \* in 4 minutes

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We suggest that you do the following holistic yoga technique before going, for example, to a meeting, to the dentist or to a medical check-up that you are very afraid of.

## **Technique: abdominal breathing.**

**Exercise:** it consists in the widest expansion of the abdominal muscles, whose contraction often amplifies the panic. Put for example a dictionary on the abdomen (to feel the best possible breathing rate) and then place a hand on your forehead.

Progressively, with no forcing at all, accelerate your breathing pace. The thorax must then remain completely immobile, so that only the diaphragm moves.

Take a break and then repeat the exercise 5 times.

**Effects:** Due to the fact that the abdominal muscles are now relaxed, the breathing becomes more ample and deeper. As a result, it increases the oxygen concentration in the blood and at the same time decreases the level of carbon dioxide, which is responsible for maintaining the feeling of anxiety.



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your guide to perfection

HOLISTIC LIFE HUB

# EVOLUTION



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