Feel better through breathing better

Changing your breathing is one of the quickest and most effective ways of changing how you feel.

This section provides a comprehensive range of ways of changing your mood, especially of calming yourself, which can be used anywhere, anytime.

The great thing about having a range of breathing 'tools' is that you have something to do when feeling anxious - rather than remaining passive.

The **Breathing pages**

- **Breathing Calm**
  - Why better breathing helps with anxiety
- **The Sigh Breath**
  - A quick anti-anxiety tool
- **Easy Breathing**
  - Use this tool to relax and let go
- **Feet Breathing**
  - Use breathing and mental imagery to relax
- **The OUT-breath**
  - The key to anxiety management
  - To get the most from using your breathing methods
- **Breathing tips**
  - The healthiest way to breathe
- **Diaphragmatic Breathing**
  - Reportedly good for overall balancing of oxygen/carbon dioxide

Other related pages:

- **Anxiety Management Methods**
- **Relaxation**
- **Breathing Methods**
- **Self Talk**
Mind-Body

Caution!

NLP

NLP is used to develop the ideas and themes on this site. I have been using it for over two decades to help me understand how I and other people tick and in my work as a consultant and trainer - and it continually impresses me. If you would like to know more about NLP the following links lead to my other site:

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Read our caution about health-related advice

Pegasus NLP - on the web since 1998

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