



## Pegasus NLP *Mind-Body Health Site*

The practical applicati

Updated 25 February 2008

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### 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

[Breathing tips](#)

To get the most from using your breathing methods

[Diaphragmatic Breathing](#)

The healthiest way to breathe

[Buteyko 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:

[What is NLP + NLP](#)

[Why learn NLP](#)

[Where to learn NLP](#)

[FAQ](#)

[About our NLP  
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activities](#)

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Read our [caution about health-related advice](#)

Pegasus NLP - on the web since 1998

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