

# Coping with Anxiety



## Breathing

- Take slow, deep breaths.
- Make your breath out longer, slower and deeper than your breath in.

## Advanced Technique

- Inhale through the nose. Exhale through pursed lips.
- Practice Kaki Pranayama - Blow on your palm gently, as if making a candle flame flicker, but not blowing it out.
- Count your inhale and exhale. make the exhale at least twice as long as the inhale (and as long as possible).

## Body

- Check shoulders, glutes and feet for tension.
- Move or stretch if you need to.
- Adhi Mudra - Curl four fingers around your thumb. Place palms in lap.



**Adhi  
Mudra**

- Chin Maya Mudra - Place thumb and pointer finger together (OK sign). Curl other fingers into palm. Place palms in lap.

**Chin  
Maya  
Mudra**



## Affirmation

- Develop a short, positive statement of intention.
- Phrase it in the present tense. (Not, “I will....” “I am...”)
- Example: “I got this.”
- Repeat it to yourself with feeling and emphasis

## Refocus

- Pay attention to one thing that you can actually feel and direct your attention there.
- Example: The feeling of your feet on the floor.
- Direct your attention there.

For more information, please visit  
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