



## **Anxiety & Fear: Relief is Just a Breath Away** **by award-winning author / stress-relief expert Susie Mantell**

In a culture that applauds "washboard abs," the multiple benefits of good, deep belly-breathing for stress-reduction and overall wellness are often sacrificed. While strong abdominal muscles are unquestionably important for low-back support, posture, etc., it is indeed a challenge to oxygenate fully and deeply while holding in your stomach. Many of us tend to breathe at a surprisingly shallow level.

### Try it--It. You Might Like It

Deeper inhalation may feel a little "surprising" at first because it's so unfamiliar. Attention to the different ways in which we breathe in various contexts can also enhance mental clarity, digestion and circulation, healing, sports and vocal performance, diminish pain and release anxiety in a tense moment. It is amazing how our breathing can ground us in moments of fear, when we sometimes experience a sense of almost observing ourselves from the outside. Slow, mindful breathing will often bring us back into the body, and into balance.

### Fascinating Fact:

One theory about the "pleasure" smokers experience is that it may partly be due to the deep breathing necessary as they inhale to deliver the nicotine. Some smokers find breathing techniques beneficial to support cessation.

See more tips on [www.relaxintuit.com](http://www.relaxintuit.com) for breath-work, and techniques to soothe anxiety. Hope this is helpful. That's why we're here!

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