

Activities for Hosla Bot- Anxiety

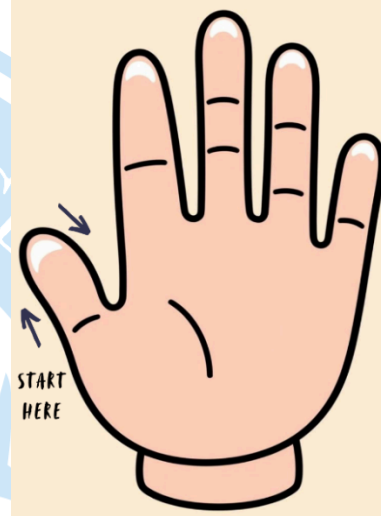
Activity 1: Breathing Exercises

When we experience stress or anxiety, our breathing often becomes rapid and shallow. To regain a sense of calm, it's important to slow down our breath. Here are some breathing exercises to help you relax and find balance.

BREATHE AND TRACE:

1. Stretch out one hand with your fingers spread apart.
2. Point the index finger of the other hand at the base of your thumb.
3. Use your index finger to slowly trace up your thumb as you breathe in through your mouth.
4. When you reach the top of your thumb, breathe out through your nose as you trace down the other side.

Repeat this for each finger until you've traced your entire hand!



BREATHE WITH THE SQUARE:

Square breathing is a simple and effective technique for relieving stress, as it consists of four equal steps that are easy to remember and can be done anywhere.

Here's how to do it:

1. Inhale gently through your nose, counting to 4, as you trace the first side of the square.
2. Hold your breath for a count of 4, tracing the second side of the square.
3. Exhale slowly through your mouth, counting to 4, as you trace the third side.
4. Hold your breath again for a count of 4 as you trace the fourth side.

Repeat 3 times to feel more relaxed!

