Straw Breathing for Anxiety

Straw breathing is a relaxation technique that can help to slow down your breathing and reduce feelings of stress or anxiety. It can be done anywhere, anytime, and is a great way to calm yourself in a stressful situation.

Here's how to do straw breathing:

1. **Find a comfortable place to sit or lie down.** You can do this exercise anywhere, but it's helpful to be in a quiet place where you won't be interrupted.
2. **Inhale deeply through your nose.** Fill your lungs completely with air.
3. **Exhale slowly through a straw until you have fully exhaled.** If you don't have a straw, you can make a "O" shape with your mouth as if you were going to whistle.
4. **Repeat for 5-10 minutes.** As you continue to breathe in and out, focus on the feeling of the air moving in and out of your body. You may also want to focus on a word or image that helps you to feel calm and relaxed.

Here are some of the benefits of straw breathing:

* **Reduces stress and anxiety**
* **Lowers blood pressure**
* **Improves sleep quality**
* **Increases focus and concentration**
* **Promotes relaxation**

If you are new to straw breathing, it may take a few tries to get the hang of it. Be patient with yourself and keep practicing. The more you do it, the easier it will become.

Here are some additional tips for straw breathing:

* **Use a straw that is not too wide or too narrow.** A standard drinking straw is a good option.
* **Keep your lips relaxed around the straw.** Don't purse your lips too tightly.
* **Breathe from your diaphragm.** This means that your belly should rise and fall as you breathe, not your chest.
* **Focus on your breath.** Pay attention to the feeling of the air moving in and out of your body.
* **If you start to feel lightheaded, stop the exercise and take a few normal breaths.**

Straw breathing is a safe and effective way to reduce stress and improve your overall health. Give it a try the next time you're feeling overwhelmed.

**Sources and related content**

Link to purchase a breathing straw necklace:

https://www.amazon.com/Generic-Mindfulness-Breathing-Stainless-Rotundity/dp/B0CYPPM51X/ref=cm\_cr\_arp\_d\_product\_top?ie=UTF8