

Breath Awareness While Waiting

Anxiety can increase when we are waiting for something to happen, whether waiting to do a presentation or simply at a stoplight (Peterson, 2018).

The following worksheet uses our breathing to manage those times when we have no focus, and anxiety can get the better of us (modified from Peterson, 2018):

Step one:

List seven examples of when you find yourself waiting, one for each day of the week (perhaps at the doctor, picking your child up from school, the bus on the way to work):

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

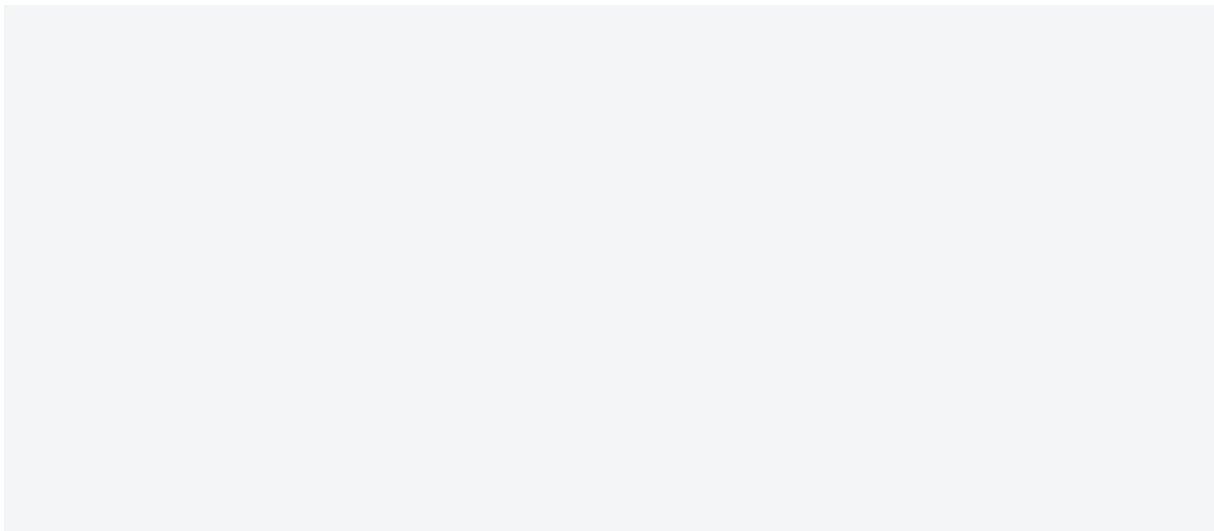
Step two:

Going forward, on each of the occasions, focus on your breathing:

- Breathe in slowly through your nose.
- Listen to and feel the air enter your body.
- Pause, holding the air inside, witness the gentle tension.
- Breathe out more slowly through the mouth. Hear and feel the air leave your body.
- Repeat
- As thoughts enter your mind, gently return attention to your breath.

Step three:

How did your body respond to the breathing techniques while waiting for the next thing in your life to happen? Did it change your inner experience?



Breathing techniques help in several ways: calming the sympathetic nervous system, increasing the perception of control, and providing a focus.

Reference

- Peterson, T. J. (2018). *The mindfulness workbook for anxiety: The 8-week solution to help you manage anxiety, worry & stress*. Emeryville, CA: Althea Press.

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