Anxiety Workshop Meditation

offered by the
MU Student Health Center

4-2-4 Breathing meditation

(1) Now it is time for you to practice. But before we do, I'd like you to take a second to think about how anxious you are right now. Place it on a scale of 0-10 with 0 being not anxious at all and 10 being so anxious you can hardly stand it. Looking at the strength of your anxiety before and after our exercises will help you to learn which ones are more helpful for you.

(2) Sit in a comfortable position.

(3) Place your hands on your stomach. Close your eyes if you choose to do so.

(4) Start breathing in deeply through your nose, feel your stomach expanding as your diaphragm drops and expands (count of 4).

(5) Hold your breath (count of 2).

(6) Breathe out through your mouth as if you are breathing through a straw (count of 4).

(7) Breathe in…hold…and out…continue breathing.

(8) As you breathe, concentrate on feeling your stomach fill as your diaphragm moves slowly down…holds…and rises back up...

(9) Keep breathing…slow….and deep.

(10) Breathe in…2…3…4... Hold…2… And out…2…3…4

(11) Keep practicing for a few minutes.

(12) Now I want you to slowly bring your focus away from your breathing and bring it back to the room we are in, when you are ready you may open your eyes.