

Breathing Exercises for Anxiety

- Double inhale breath or physiological sigh
- Guided meditation/ visualization
- Progressive muscle relaxation (PMR)
- 4-2-6 breathing
- 4-6 method
- Three 3's breathing
- Lion's breath
- Washing the sternum/ cleansing the heart space breathing
- Belly breathing
- Lengthened exhalation
- Shift breathing
- Anxiety-dissolving visualization
- Feather duster breathing
- Energizing breath/power breath

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MUHAMMAD IJLAL UDDIN. SIDDIQUI

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The Future of Happiness Amy Blankson, 2017-04-11 Technology at least in theory is improving our productivity efficiency and communication The one thing it s not doing is making us happier We are experiencing historically high levels of depression and dissatisfaction But we can change that Knowing that technology is here to stay and will continue to evolve in form and function we need to know how to navigate the future to achieve a better balance between technology productivity and well being Technology can drive not diminish human happiness In The Future of Happiness author Amy Blankson cofounder of the global positive psychology consulting firm GoodThink unveils five strategies successful individuals can use not just to survive but actually thrive in the Digital Age Stay Grounded to focus your energy and increase productivity Know Thyself through app driven data to strive toward your potential Train Your Brain to develop and sustain an optimistic mindset Create a Habitat for Happiness to maximize the spaces where you live work and learn Be a Conscious Innovator to help make the world a better place By rethinking when where why and how you use technology you will not only influence your own well being but also help shape the future of your community Discover how technologies can transform the idea of I ll be happy when to being happy now

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