

This exercise teaches you how to release tension from the mind and body. Use the A.I.R. acronym—Affirm, Inhale, Release. These three components address stress in the heart, mind and body.

1. **A**ffirm. Tell yourself something positive and helpful. Examples are “This is not mine” and “I am safe.”
2. **I**nhale. Take a soft, full in-breath through the nose and a slow, complete out-breath out the mouth. This is a cleansing breath.
3. **R**elease. Release tension you may be holding in the body. Focus on areas where you know you tend to hold tension such as shoulders, jaw, and forehead.

Repeat this process several times until you feel better. This intervention addresses your anxiety in a holistic way, i.e. your head (thoughts), heart (emotions, nervous system regulation), and hand (body).