

Alternate nostril breathing

Adapted from ***Passing Exams Without Anxiety***, David Acres (How To Books).

Inhale through the right nostril, closing the left nostril with the thumb of your left hand.

Count slowly to four as you inhale.

Close both nostrils with your left thumb and forefinger and hold your breath to the slow count of four.

Exhale through your left nostril to the slow count of four, while closing your right nostril with your forefinger (or first two fingers, whichever you find easier).

Release both nostrils, remaining without breath for another count of four.

Repeat, breathing in through the left nostril.

Once you have established a routine, close your eyes while doing the exercise. This is complicated, so it is best to practice it a few times when you are not anxious.