

Breathing to decrease anxiety and increase confidence

(Section 5, Lecture 18)

This is the foundational technique that allows you to speak with authority and confidence. By speaking with this rhythm you will increase your volume and your presence and at the same time ease any fears and anxiety.

Instructions

1. Place one hand on your chest and one hand on your belly. Place your thumb at your belly button and let the other fingers fall gently below.
2. Exhale of your air.
3. Inhale to the count of four through your nose.
4. As you inhale, push your belly out and keep your chest relatively still.
5. Pause at the top.
6. Exhale to the count of four through your mouth.
7. Repeat for 10 breathes

Homework

Practice this diaphragmatic breathing once a day. Close your eyes and take ten deep diaphragmatic breaths. This might feel unnatural to begin with but will feel more natural the more you practice. As a way to integrate this breathing into your everyday speaking, take a deep diaphragmatic breath before introducing yourself to others. My goal is for you to breathe like this all of the time, whether walking, listening, or speaking.