

# Breathing Anxiety

Focusing on your breathing is often a good way to regain equilibrium when stressed.

However, sometimes it's the last thing you should do; it can actually create and maintain stress.

For instance, a complete inhalation is usually impossible because of existing lung air, but when you attempt one anyway, your brain may cause you to think you're suffocating. *This is why psychologically chasing the satisfaction of a fully-drawn breath can stress a person.*



Stop focusing on your breathing.  
Do something active, and you'll relax.