

Natural Anxiety Elimination Techniques for Everyone

By Jim Donovan M.Ed.

Get Jim's free *Healing with Sound* mini course: <https://www.DonovanHealth.com>

The exercises below are designed to work quickly and with little effort. That being said, it's important to give these exercises a chance to work. To do so, try each exercise fully at least five days in a row to give yourself the best chance of gaining the benefits.

Remember to always listen to your body. If you feel uncomfortable, simply stop the exercise and breathe at your own pace.

BRAIN TAPPING: *Quickly calm stress by slowing down your brainwaves using rhythm. 2-10 minutes, or longer as needed*

Prepare the brain for: Sleep or Focus

Self-assess stress level on a scale of 1-10

1. Close eyes or stare at a point on the floor during exercise
2. **Very Gently** tap the tops of your legs, right, left, right, left at a rate of 4 taps per second
 - a. The tempo is the same as the sound of the ticking stopwatch from the show "60 Minutes"
3. Inhale and exhale very slowly throughout the exercise
4. Continue for 2-3 minutes
5. When you are ready to end, take the last 30 seconds and slow down the tapping gradually, then stop.
6. Take some time in silence, or go to sleep. Notice how you feel.
7. Self-assess stress level again on a scale of 1-10

SQUARE BREATHING: *Calm panic and anxiety by slowing the heart rate using breath-work. 2-10 minutes, or longer as needed.*

Prepare the brain for:

- Managing panic & anxiety attacks

- Meditation and reflection
- Public speaking
- Deep sleep

Self-assess stress level on a scale of 1-10

1. Close eyes or stare at a point on the floor during exercise
2. Then:
 - a. Breathe in a full abdominal breath for 4 seconds (or whatever length is comfortable)
 - b. Hold the breath for 4 seconds
 - c. Exhale for 4 seconds
 - d. Wait without breathing for 4 seconds
3. Continue for 2-3 minutes or as long as needed. Full panic attacks may require a longer length of time to calm down. Stay with the exercise until you are calm.
4. At the completion of the exercise, take some time in silence. Notice how you feel.
5. Self-assess stress level again on a scale of 1-10

BRAIN HUMMING: Lift depression, clear your mind, and turn on “feel good” chemicals like dopamine, and endorphins by stimulating the vagus nerve with your voice. *2-10 minutes, or longer as needed.*
Perform daily to reduce symptoms of depression.

Brain Humming for the Brain

1. Teeth together, lips together.
2. Inhale a full abdominal breath and exhale a humming sound.

Brain Humming for Eye Strain, Forehead, Sinuses

1. Inhale a full abdominal breath and exhale humming sound
2. As you exhale, slowly open and close the jaw. Lips stay closed.

For a video tutorial: Get my free *Healing with Sound* mini course:
<https://www.DonovanHealth.com>

Follow Jim

Web: DonovanHealth.com

IG @Jim_Donovan_Sound_Health

Facebook/JimDonovanSoundHealth