

# Teach deep breathing exercises

Deep breathing exercises can help a student calm down by focusing on the here and now.

They redirect the mind away from anxiety-provoking events from the past or fears of what might happen in the future.



Video hosted on Youtube <http://youtu.be/p5iN1WzmH6Q>

No captions or transcript

**Source:**

[Anxiety New Zealand Trust](https://www.anxiety.org.nz/)  
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