



## Pegasus NLP *Mind-Body Health Site*

The practical applicati

Updated 29 February 2008

[Home](#)

[Up](#)

[Breathing Calm](#)

[Breathing Questions](#)

**[NLP Courses](#)**

**[NLP Blog](#)**

**[NLP Newsletter](#)**

Search this site

### Feel better through breathing better

Changing your breathing is one of the quickest and most effective ways of changing how you feel.

This section provides a comprehensive range of ways of changing your mood, especially of calming yourself, which can be used anywhere, anytime.

The great thing about having a range of breathing 'tools' is that you have something to **do** when feeling anxious - rather than remaining passive.

### The *Breathing* pages

<a href="#">Breathing Calm</a>	Why better breathing helps with anxiety
<a href="#">The Sigh Breath</a>	A quick anti-anxiety tool
<a href="#">Easy Breathing</a>	Use this tool to relax and let go
<a href="#">Feet Breathing</a>	Use breathing and mental imagery to relax
<a href="#">The OUT-breath</a>	The key to anxiety management
<a href="#">Breathing tips</a>	To get the most from using your breathing methods
<a href="#">Diaphragmatic Breathing</a>	The healthiest way to breathe
<a href="#">Buteyko Breathing</a>	Reportedly good for overall balancing of oxygen/carbon dioxide

Other related pages:

[Anxiety Management Methods](#)

[Relaxation](#)

[Breathing Methods](#)

[Self Talk](#)

[Mind-Body](#)

[Caution!](#)

## NLP

NLP is used to develop the ideas and themes on this site. I have been using it for over two decades to help me understand how I and other people tick and in my work as a consultant and trainer - and it continually impresses me. If you would like to know more about NLP the following links lead to my other site:

[What is NLP + NLP](#)

[Why learn NLP](#)

[Where to learn NLP](#)

[FAQ](#)

[About our NLP  
Trainings](#)

[NLP and outdoor  
activities](#)

[NLP Worldwide](#)

---

Read our [caution about health-related advice](#)

Pegasus NLP - on the web since 1998

Founder Member of the [Professional Guild of NLP](#). All material copyright © 1998/2008 Reg Connolly. [UK English spelling](#) used throughout.