

Qigong for Anxiety

10 easy steps

This handout gives steps to follow for qigong exercises to improve sleep and reduce anxiety, depression, and stress.

What is qigong?

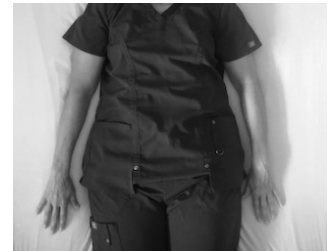
Qigong (“chee-gong”) is an ancient Chinese mind-body practice that improves mental and physical health. **Qigong practices use** posture, movement, breathing, sound, and mental focus. The word “qigong” means “skill gained through steady use” (*gong*) of “breath” or “vital energy” (*qi*). Some people call qigong “Chinese yoga.”

Qigong Practice to Lessen Anxiety

Here are 10 steps to follow for a qigong practice to lessen anxiety. Do each step gently and slowly, at your level of comfort.

Step 1

Start in a relaxed position, lying on your back with your arms at your sides and your legs extended.

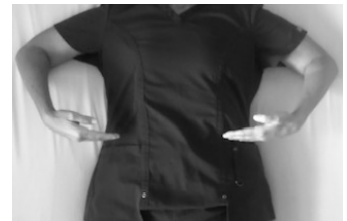


Step 2

Gently place the tip of your tongue against the back of your teeth, where they meet the gums.

Step 3

Inhale slowly while bending your arms at the elbows, with palms facing upward and fingers pointed toward your navel.



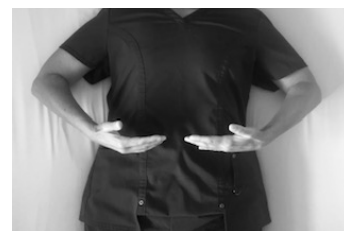
Step 4

Exhale slowly while rotating your arms forward, with palms up. Gently place elbows near your sides.



Step 5

Inhale while bringing your hands to the navel, with your palms up and your fingers extended.



Step 6

Exhale as you turn your palms toward your body and place them on your navel. Then inhale.



Step 7

Move your hands in a circular clockwise motion around your belly, exhaling on the downward motion, inhaling on the upward motion. Repeat 3 times.



Step 8

Change direction. Move your hands in a circular counter-clockwise motion around your belly 3 times. Exhale on the downward motion. Inhale on the upward motion.



Step 9

At the end of the last rotation, exhale, with your hands on your navel.



Step 10

On an inhale, slowly bring your arms to your sides in an extended and relaxed position. Then exhale. Repeat steps 1 through 9 three more times.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Community Care Line:
206.744.2500

This handout was adapted from "Qigong for Anxiety" by Bastyr University Acupuncture and East Asian Medicine and Harborview Acute Pain Service.