

# Nervousness

## Trait Report

REPORT CATEGORY —



Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

# Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



# How this works

Our Wellness Reports analyze how your DNA influences your health.  
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.  
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.  
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

**When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.**

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.  
The following icons tell you which category a recommendation falls into:



**Our team of scientists also ranks each recommendation.**  
**We rank based on impact and the strength of evidence in the medical literature.**

Impact shows how strongly a recommendation will affect your health in a certain area.  
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



# Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

## Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
- 
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
- 
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
- 
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
- 
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
- 
- 0 / 5
- No evidence in humans.

## Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

## Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

# Introduction

People get nervous for many reasons. An upcoming project deadline, a first date, or a job interview can all make you feel nervous.

You’re likely familiar with the feeling. Your heart may start to race, you may get clammy, restless, and you may even get butterflies in your stomach.

**It is normal to feel nervous from time to time.** It is part of our response to stress. However, nervous feelings should subside once the situation you are feeling nervous about is over. If you feel nervous all the time, that may be a sign of an anxiety disorder [\[R\]](#).

# How to Cope With Nervousness

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you may have a typical likelihood of feeling nervous. However, environmental factors may also influence your personality.

People get nervous for many reasons. An upcoming project deadline, a first date, or a job interview can all make you feel nervous. **It is totally normal to feel nervous about things from time to time.** It is part of our response to stress.

**Not everybody responds to stress in the same way.** Some people seem to thrive under pressure. Others need a much calmer environment to be at their best. This may be partially due to your genetics [R].

If you tend to get nervous, there are a couple things that you can do to ease those symptoms [R, R, R, R, R, R, R]:

- Prepare well for any event or situation that you may be feeling nervous about
- Talk with someone who's been in a similar situation
- Remember to breathe – taking deep breaths can help the body relax
- Think positive
- Use a grounding exercise
- Engage in brief physical activity, such as a quick run
- Practice mindfulness



TYPICAL

Likely typical nervousness based on 7,239,820 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

| GENE    | SNP        | GENOTYPE |
|---------|------------|----------|
| C1QTNF4 | rs12787112 | AA       |
| MTCH2   | rs11039391 | GG       |
| MC4R    | rs11665052 | AA       |
| DLST    | rs2193596  | GG       |
| DLST    | rs17093914 | CC       |
| C1QTNF4 | rs34467936 | AG       |
| CADM2   | rs9854869  | CA       |
| CADM2   | rs35344466 | AC       |
| CADM2   | rs7611991  | GA       |
| DENND1A | rs6478623  | GT       |
| MADD    | rs10501320 | GG       |
| CELF4   | rs62081501 | GG       |

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

# Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

| DOSAGE |                       | DOSAGE     |    |                                             |            |
|--------|-----------------------|------------|----|---------------------------------------------|------------|
| 1      | Relaxation Techniques | 30 minutes | 2  | Meditation                                  | 30 minutes |
| 3      | HRV Biofeedback       | 10 minutes | 4  | Paced Breathing                             | 5 minutes  |
| 5      | Hypnosis              | 20 minutes | 6  | ASMR (Autonomous Sensory Meridian Response) | 20 minutes |
| 7      | Functional Relaxation | 20 minutes | 8  | Diaphragmatic Breathing                     | 10 minutes |
| 9      | Avoid Triggers        |            | 10 | Biofeedback                                 |            |
| 11     | Avoid Noise Pollution |            | 12 | Massage                                     | 30 minutes |
| 13     | Applied Relaxation    | 30 minutes | 14 | Autogenic Training                          | 10 minutes |
| 15     | Breath Awareness      | 5 minutes  | 16 | Mindfulness                                 | 30 minutes |
| 17     | Expressive Writing    | 15 minutes | 18 | Breathing Techniques                        | 10 minutes |

1



Relaxation Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

## Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

**Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways.** Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

**Progressive muscle relaxation is another relaxation technique.** In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

**Autogenic training is a relaxation technique** that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

## How it helps

Relaxation techniques such as deep breathing and meditation can effectively lower cortisol levels, thereby decreasing stress responses that contribute to nervousness. These practices promote a state of mental calmness, which may alleviate anxiety symptoms and enhance emotional resilience.

2



Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

## Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

**Meditation** is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

## How it helps

Meditation helps reduce nervousness by promoting relaxation and activating the body's parasympathetic nervous system, which counteracts the stress response. This practice enhances emotional regulation and mental clarity, leading to decreased anxiety levels over time.

3



HRV Biofeedback

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice HRV biofeedback sessions for 10-20 minutes daily, ideally with the guidance of a trained professional or using a reliable app that measures your heart rate variability. Focus on controlled breathing techniques during these sessions to improve your HRV over time.

TYPICAL STARTING DOSE  
10 minutes

Description

Heart rate variability (HRV) biofeedback is a technique that helps individuals manage stress and improve their overall well-being by training them to regulate their heart rate variability. It can enhance emotional resilience and reduce the impact of stress on the body.

How it helps

HRV biofeedback aids in managing nervousness by promoting autonomic regulation, which enhances emotional resilience and reduces physiological stress responses. This training allows individuals to consciously influence their heart rate variability, leading to a more relaxed state.

4



Paced Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Sit in a comfortable position or lie down. Inhale slowly through your nose for 4 seconds, hold your breath for 7 seconds, and then exhale slowly through your mouth for 8 seconds. Repeat this breathing pattern for 5-10 minutes daily, or whenever you feel stressed or anxious.

TYPICAL STARTING DOSE  
5 minutes

Description

Paced breathing is a relaxation technique that involves controlling the rhythm and depth of breaths. It can help reduce stress, anxiety, and lower blood pressure, promoting relaxation and mental well-being.

How it helps

Paced breathing techniques activate the parasympathetic nervous system, promoting relaxation and reducing the physiological symptoms of nervousness. By controlling breath patterns, individuals can effectively lower their heart rate and anxiety levels, fostering a sense of calm.

5

Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

## Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [\[R\]](#) [\[R\]](#):

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it's often portrayed in the media, hypnosis is a real practice used to support mental health [\[R\]](#) [\[R\]](#).

**Only a licensed professional should help you achieve hypnosis.**

## How it helps

Hypnosis helps manage nervousness by inducing a state of deep relaxation, which lowers anxiety levels and enhances the individual's ability to cope with stressors. This focused attention can facilitate positive behavioral changes and a greater sense of control.

6

ASMR (Autonomous Sensory Meridian Response)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To incorporate ASMR into your lifestyle, find a quiet, comfortable space where you can relax without interruptions. Use headphones for an enhanced experience. Select ASMR videos or recordings that trigger your response—such as whispering, tapping, or gentle hand movements—and listen or watch for 20-30 minutes daily before bedtime or whenever you feel stressed to help induce relaxation and reduce anxiety.

TYPICAL STARTING DOSE

20 minutes

Description

ASMR stands for Autonomous Sensory Meridian Response. It's a calming, pleasurable feeling often accompanied by a tingling sensation. This tingle is said to originate in a person's head and spread to the neck, spine, or throughout the body. Research suggests that it could help reduce stress and improve sleep, making it beneficial for overall health.

How it helps

ASMR therapy promotes relaxation by triggering auditory and visual stimuli that can lead to a calming response, helping to reduce the physiological symptoms associated with nervousness, such as increased heart rate and tension. This sensory experience may facilitate a sense of well-being and tranquility, aiding in stress relief.

7

Functional Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate 15-20 minutes daily to practice functional relaxation techniques, which involve focusing on releasing tension in specific body parts sequentially, usually while lying down or sitting comfortably. This practice can be integrated into your daily routine, preferably in a quiet, distraction-free environment.

TYPICAL STARTING DOSE

20 minutes

Description

Functional relaxation techniques, such as mindfulness and deep breathing exercises, can help reduce stress and improve mental well-being. Incorporating these practices into daily routines may lead to better stress management and overall emotional health.

How it helps

Functional relaxation techniques promote physiological relaxation and activate the body's parasympathetic nervous system, which reduces cortisol levels and mitigates anxiety, directly addressing symptoms of nervousness.

8



Diaphragmatic Breathing

IMPACT1 / 5

EVIDENCE1 / 5

## How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

## Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

## How it helps

Diaphragmatic breathing helps alleviate nervousness by promoting the activation of the body's relaxation response, thereby reducing levels of stress hormones. This technique enhances oxygen exchange and decreases muscle tension, contributing to an overall sense of calm and well-being.

9



Avoid Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding triggers is essential in managing nervousness, as it reduces exposure to specific stressors that can exacerbate anxiety symptoms. This proactive approach allows individuals to create a more supportive environment, thereby promoting overall emotional well-being.

10



Biofeedback

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

**Biofeedback** is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback therapy helps individuals with nervousness by allowing them to gain awareness and control over physiological responses, such as heart rate and muscle tension, thus reducing anxiety and promoting relaxation during stressful situations.

11



Avoid Noise Pollution

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Minimize exposure to loud environments by using noise-cancelling headphones or earplugs, especially in areas known for high noise levels such as construction sites, concerts, and busy urban streets. Aim to keep the volume of personal audio devices below 60% of their maximum. At home, use carpets, curtains, and wall fabrics to reduce indoor noise, and prefer quieter appliances. Try to dedicate at least one hour of quiet time before bed to aid in relaxation and improve sleep quality.

Description

Noise pollution refers to the presence of excessive, disruptive, or unwanted sound in the environment. It often includes sounds from traffic, industrial machinery, construction, loud music, and other sources that exceed acceptable or comfortable noise levels. Noise pollution disrupts normal activities and can have detrimental effects on human health, well-being, and the natural world.

Prolonged exposure to high noise levels can lead to a range of health issues, including:

- Stress
- Anxiety,
- Sleep disturbances
- High blood pressure
- Heart disease
- Impaired cognitive function

How it helps

Avoiding noise pollution helps to create a tranquil atmosphere that can significantly reduce stress levels and the physiological symptoms associated with nervousness. A quieter environment promotes relaxation and facilitates coping mechanisms essential for managing anxiety.

12



Massage

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

**Reflexology** is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

**Acupressure** is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Massage therapy alleviates nervousness by facilitating muscle relaxation and reducing cortisol levels, thereby mitigating the physiological symptoms of anxiety. This process promotes a sense of calm and enhances overall emotional well-being.

13



Applied Relaxation

IMPACT1 / 5

EVIDENCE1 / 5

## How to implement

Practice applied relaxation by dedicating 15-30 minutes each day to learning and practicing relaxation techniques, such as deep breathing, progressive muscle relaxation, or guided imagery. Consistency is key, so aim to incorporate these practices into your daily routine for an ongoing period to effectively manage stress and anxiety.

TYPICAL STARTING DOSE

30 minutes

## Description

Applied relaxation is a stress management technique that involves systematically tensing and then relaxing muscle groups in the body to reduce tension and promote relaxation. It can be effective in reducing anxiety and stress-related symptoms.

## How it helps

Applied relaxation techniques help mitigate nervousness by promoting physiological relaxation through the release of muscle tension, which can subsequently lower anxiety levels and enhance overall emotional well-being.

14



Autogenic Training

IMPACT1 / 5

EVIDENCE1 / 5

## How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

## Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [\[R\]](#), [\[R\]](#).

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [\[R\]](#), [\[R\]](#):

- Relax the body
- Quiet and calm the mind
- Increase energy

## How it helps

Autogenic training helps individuals with nervousness by promoting a deep state of relaxation through self-suggestion, which activates the body's relaxation response. This process reduces physiological stress reactions, thereby diminishing anxiety and tension associated with nervousness.

15

Breath Awareness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day in a quiet, comfortable space to focus on your breath. Inhale slowly through your nose, allowing your chest and lower belly to rise, and exhale gently, either through the nose or mouth. Practice this daily, aiming to gradually increase the duration as it becomes a habit.

TYPICAL STARTING DOSE

5 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

How it helps

Breath awareness therapy helps alleviate nervousness by promoting relaxation through controlled breathing, which activates the body's parasympathetic nervous system. This mechanism reduces anxiety symptoms, enhances focus, and fosters a sense of calm.

16

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

**Mindfulness is the practice of being aware of the present moment.** When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

17



Expressive Writing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 15-20 minutes on 3-4 days each week to write about your deepest thoughts and feelings related to traumatic, stressful, or emotional events. It's important to find a quiet, private space where you won't be disturbed. This practice should be continued for at least four weeks to potentially begin noticing benefits in emotional well-being.

TYPICAL STARTING DOSE

15 minutes

Description

Expressive writing involves the practice of writing about one's thoughts and feelings to promote emotional processing and stress reduction. It has been shown to have potential psychological benefits, including improved mood and mental clarity.

Expressive writing consists of free writing about thoughts and feelings related to important [\[R, R\]](#):

- Emotional issues
- Stressful events
- Traumatic experiences

It may include information about [\[R, R\]](#):

- Childhood experiences
- Expectations
- Relationships with others
- The past, the present, and the future

After writing, the writer should reflect on their work [\[R, R\]](#).

Expressive writing may be unpleasant at first, but it aims at improving your ability to cope with negative emotions [\[R, R\]](#).

How it helps

Expressive writing facilitates emotional processing by allowing individuals to articulate and reflect on their thoughts and feelings, which can reduce the intensity of nervousness. This therapeutic approach promotes mental clarity and fosters a sense of control over one’s emotions.

18



Breathing Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

## Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

## How it helps

Breathing techniques facilitate activation of the parasympathetic nervous system, helping to lower heart rate and reduce levels of stress hormones. This physiological response contributes to decreased feelings of nervousness and promotes a sense of calm.