

# Breathing Into Fear: Calming the Anxious Adult Swimmer

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Marie S. Ruf

**BRAIN**



**LIMBIC SYSTEM**



**AMYGDALA**

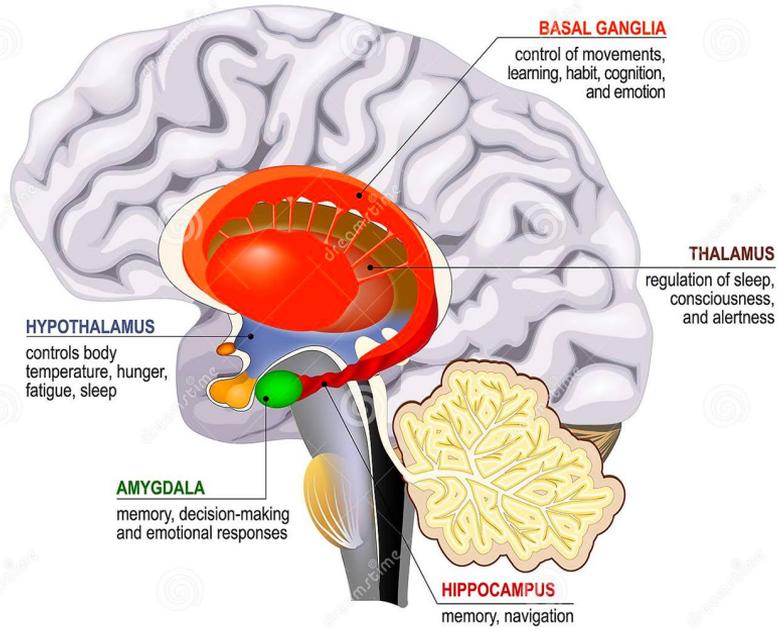


**REAL OR PERCEIVED THREAT**



**ANXIETY/FEAR**

# Limbic system



## WHAT IS ANXIETY?



ANXIETY IS A NORMAL EMOTION... IT IS YOUR BODY'S DEFENSE SYSTEM TRYING TO TELL YOU THAT IT FEELS YOU ARE FACING A THREAT.

THIS DEFENSE SYSTEM ACTS A BIT LIKE A SMOKE ALARM...



SOMETIMES IT ALERTS YOU TO REAL DANGER, LIKE WHEN A SMOKE ALARM DETECTS FIRE. THIS IS USEFUL!



SOMETIMES IT IS A FALSE ALARM... LIKE WHEN YOU BURN THE TOAST! OUR ANXIETY CAN ALSO "GO OFF" ABOUT PERCEIVED THREATS THAT AREN'T TRULY DANGEROUS. IT IS JUST YOUR BODY TRYING TO KEEP YOU SAFE.



#1 NEW YORK TIMES BESTSELLER

# THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY  
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY  
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION  
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.

**BREATHING**



**GROUNDING**



**MOVEMENT**

# BREATHING

\*3 INDIVIDUAL SLOW BREATHS\*

\*5-5-5\* (three times)

# GROUNDING

CONNECTING TO THE ENVIRONMENT

\*COUNTING OBJECTS ALOUD\*

\*NAME 5 THINGS\*

\*STABILIZATION\*

# MOVEMENT

SHAKE IT UP BABY

\*WATER WIGGLE\*

\*SHOULDER ROLLS\*

**AND THEY SWAM HAPPILY EVER  
AFTER...**

**THE END**

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