[INTRODUCTION TO DEEP BREATHING EXERCISE]

"Hello everyone! Today, I'm going to guide you through a simple yet powerful deep breathing exercise that can significantly reduce anxiety and lower your heart rate. Taking just a few minutes to engage in deep breathing can be incredibly beneficial for both your mind and body. It helps to calm your nerves, reduce stress, and promote a sense of tranquility. Let's get started!"

[DEEP BREATHING EXERCISE]

"Find a comfortable and quiet place to sit or lie down. Begin by closing your eyes gently if that's comfortable for you. Now, take a slow, deep breath in through your nose, filling your lungs completely. Feel your chest and abdomen expand as you inhale, and count to four in your mind."

"Once you've taken a full breath, hold it for a brief moment, allowing the oxygen to circulate. Now, exhale slowly through your mouth or nose, counting to six in your mind. Feel the tension release from your body as you breathe out."

"Let's repeat this pattern: inhale deeply for a count of four, hold for a count of two, and exhale slowly for a count of six. Feel the rhythm of your breath, focusing on each inhalation and exhalation. As you continue, let go of any distracting thoughts and simply be present in this moment."

"Keep this rhythmic breathing going for a few more cycles, maintaining a steady pace. Feel the calming effect this simple exercise is having on your mind and body. It's okay if your mind wanders; gently bring your focus back to your breath."

"As we conclude, take one more deep breath in and let it out slowly. Feel the renewed sense of calm and relaxation within you. When you're ready, open your eyes, reacquainting yourself with the present moment."

[FINALLY]

"Remember, this deep breathing exercise is a wonderful tool to have at your disposal whenever you need to reduce anxiety and lower your heart rate. Taking just a few moments each day to engage in this practice can make a big difference in how you feel. Thank you for joining me today in this calming exercise."