

BREATHING TASK



QUICK EXPLANATION

Throughout university life, you can go through a rollercoaster of emotions such as stress, anxiety or nervousness. These feelings are normal for any university student especially during anxiety provoking situations such as upcoming presentations, an exam or perhaps entering into a new social group.

You have something at your disposal, it's there 24/7 and it can help in these types of situations. Your **breath**. Learning to utilise calming breathing and controlling can help you immensely.



AIM

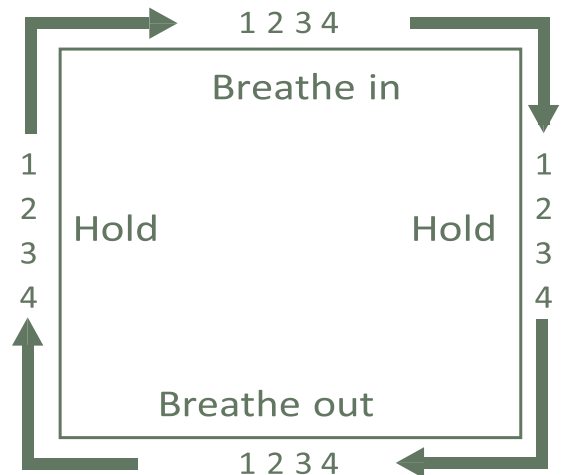
To help control anxiety and stress through the awareness of breathing.



INSTRUCTIONS

Make sure you are sitting in a place you find comfortable; this could be on the floor or on a chair. You are going to focus on your breath and to try to breathe through your nose rather than your mouth, deliberately slowing your breathing down. This task is a helpful tool to decrease anxiety feelings and increase our feelings of relaxation.

1. Find something square (or rectangular) this could be the window, a wall or your student card.
2. With your eyes or finger, follow round the sides of the square. As you follow each side do the following:
3. As you follow the top side of the square breathe in for four seconds.
4. As you follow down the second side hold your breath.
5. As you go across the square exhale for four seconds.
6. Then finally follow up the last side holding it for four seconds.
7. Please see the diagram as an example.



This can be repeated for up to five minutes.

Once you have practised this enough times, you can use this tool in lots of different scenarios that you may find anxiety provoking. For example, if you have an interview, practising this technique beforehand will be helpful to calm your nerves.