



BREATHING FOR RELAXATION

RESILIENCE ENHANCEMENT
PROGRAMME FOR STUDENTS



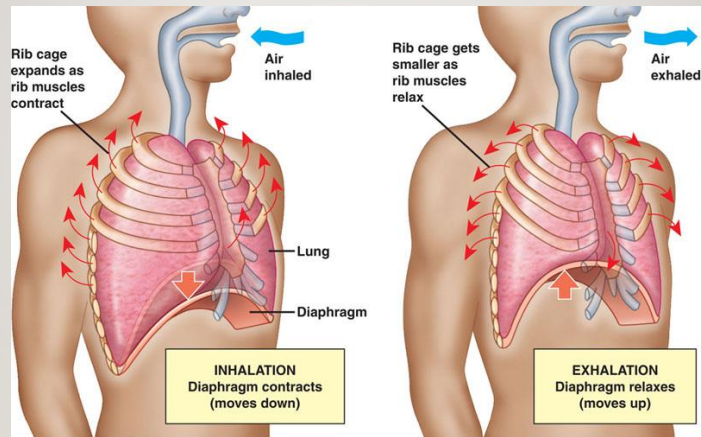
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AGENDA

- During this session, you will
 - Learn the basic physiology of breathing and how this relates to stress and mental health
 - Learn about three breathing techniques that promote relaxation
 - Have practiced these breathing techniques

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THE PHYSIOLOGY OF BREATHING



3

QUESTION FOR YOU: WHAT HAPPENS TO YOUR BREATHING WHEN YOU GET STRESSED OR ANXIOUS?

BREATHE FASTER

SHALLOW BREATHING

HOLD YOUR BREATH



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THREE TECHNIQUES:

1. BELLY BREATHING
2. SLOW BREATHING
3. RESISTANCE BREATHING

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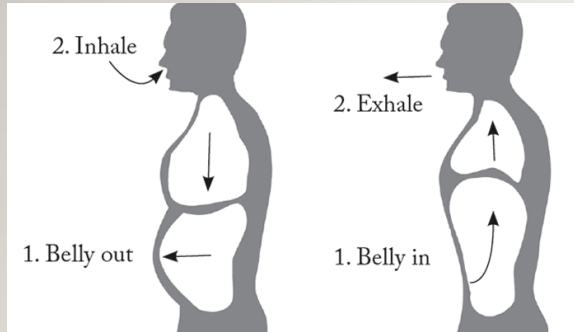


BELLY BREATHING

AKA..
Diaphragmatic breathing
Or
Abdominal breathing

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BELLY BREATHING



Belly breathing

Automatically slows the heart rate, helping to relax & calm

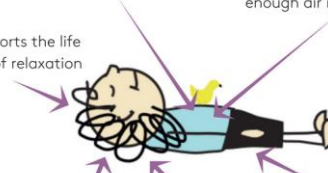
The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation

Can boost energy levels with a few minutes of relaxation throughout the day

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Increased awareness of the breath & its effect on the body



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BELLY BREATHING EXERCISE

- Sit comfortable or stand
- Put your hands on your belly
- As you breathe in, allow your belly to expand **OUTWARDS** like a balloon – this drags your diaphragm down and allows air in your lungs
- As you breathe out, your belly contracts **INWARDS** – this pushes your diaphragm up and pushes air out of your lungs
- Try to feel the air coming in at the back of your nose (a bit like a snore, but much more gentle!)
- **Do this 30 times, slowly and calmly**

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...AND INCLUDE THE FULL EXHALE

“Because most people are busy taking an in-breath, they do not pay much attention to the exhale process. Without exhaling completely, excess carbon dioxide -- a known stressor in your nervous system -- may remain in your lungs. The system detects that there is too much carbon dioxide and not enough oxygen. Then, it does the only thing it knows how to do: ask for more oxygen, causing another inhale. Since the lungs are still partially filled with carbon dioxide, not as much oxygen can get in. A cycle is set in motion and you keep inhaling for more oxygen, but can't get enough because the lungs have not been properly emptied. This habit can lead to shallow breathing and holding your breath.”
(Polatin, 2017)

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SLOW BREATHING

AKA..
Rhythmic breathing

AKA
Square breathing

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SLOW BREATHING EXERCISE

[HTTPS://WWW.CALM.COM/BREATHE](https://www.calm.com/breathe)

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RESISTANCE BREATHING

AKA..
Power breathing

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PURSED LIPS BREATHING

- Breathing through a straw or through pursed lips
- Is used in sports to increase breathing capacity
 - <http://elliottthulse.com/breathing-trick-increase-deadlift-strength/>



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Ultrabreathe Unisex's Breathing Exerciser, Multi, One Size

Brand: Ultrabreathe

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WIM HOF DEEP BREATHING TECHNIQUE

- **STEP 1: Get comfortable** - sitting or lying down
- **STEP 2: 30 Power breaths** - Inhale through the nose or mouth and fill up the lungs fully, through pursed lips if you can
- **STEP 3: The hold** - After last exhale, hold your breath until you can comfortably do so
- **STEP 4: Recovery Breath** - Take a big inhale and hold your breath for 10-20 seconds
- Repeat these steps 3 times

- More info here
- <https://www.wimhofmethod.com/breathing-exercises>

<https://www.youtube.com/watch?v=nzCaZQqAs9I>

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ANY QUESTIONS?

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