

# 3 BREATHING TECHNIQUES TO SUPPORT STUDENTS



## RELAXING BREATH

Place one hand on your chest and the other just above your belly button. Take a deep breath in through nose for two seconds. Try to feel where your breath is landing (chest vs ribs). Try to direct your breath to reach your lower hand. Then, exhale gently for four seconds. Repeat for 5 minutes. Use this technique to reduce stress levels, relax muscle tension, and before bed to promote restful sleep.



## BOX BREATHING

Take a deep breath in through nose for four seconds, then hold your breath in for four seconds. Next, exhale gently for four seconds, then hold your breath out for four seconds. Repeat for 5 minutes. Use this technique to refocus your attention, enhance concentration, and balance your emotions.

## VAGUS STRETCH

Use your right hand to gently guide your neck into a stretch. Then focus your eyes on the upper or lower most corner of your vision. You should feel your eyes stretch. Hold your gaze for 15-30 seconds. Practice the relaxing breath as you stretch. Monitor your body cues for relaxation (yawning, swallowing, belly rumbles, muscle release). Repeat on your alternate side. Move slowly, pausing at center, to allow yourself to take stock of sensations of calm and relaxation.

