FORMAN CHRISTIAN COLLEGE

(A Chartered University)

Lahore- Pakistan

Estd 1864

Campus Counseling Center

Deep Breathing

"Take a deep breath. It calms the mind."

(Anonymous)

In your routine, you encounter a variety of stressful situations, and worry about a lot of things: from your finances to pending term papers. Each one of you is faced with stress, yet you have different ways of handling it. In a desperate attempt to relax many people turn to "solutions" like drugs which in the long run not only add to their stress but also affects their health. In a stressful situation you should discover a healthy way to breath.

Here are some tips that people generally find useful for deep breathing.

Steps for Deep Breathing

Step 1

- First you sit or lie down in a calm and peaceful place.
- If you want to go for a sitting posture, make sure your back is straight and your feet are flat on the floor and, eyes are closed.

Step 2

- Take a regular breath.
- Inhale through your nose. Pay some attention as your belly swells up like a balloon.
- Now hold it for a second or two.
- Gradually exhale through your mouth. You need to pay attention and make sure your hand on your belly goes in with the breath.
- Repeat this exercise until you have a soothing rhythm.
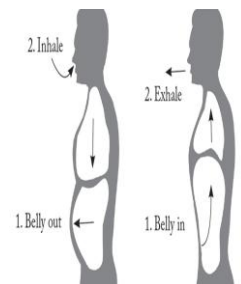
Step 3

- Now it would be soothing if you add pleasing images to your breathing.

- As you breathe in, visualize that the oxygen that you're taking is bringing relaxation and peace to your body and as you breathe out imagine that your stress and tension is going out of your body.

- Practice this exercise regularly for around 10 minutes or till the point you feel relaxed and less stressed. Slowly and steadily increase your way up to 15-20 minutes.

For further information contact:

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http://www.webmd.com/parenting/raising-fit-kids/recharge/how-to-deep-breathe