



University Counselling

The Calming Breath

Apps

Breathe
(Apple only)

Headspace

Smiling Mind

Smiling Mind is a mindfulness app with a number of different audio scripts to help you develop your mindfulness skills

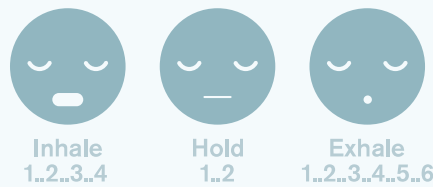
You are about to enter the exam room, you start to feel overwhelmed, your thoughts race, you start freaking out...

Stop.

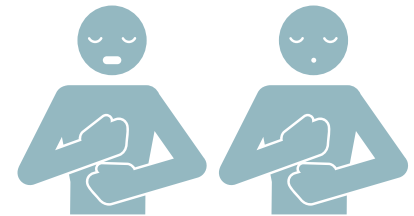
Slow your breathing. The best you can do at this moment is calm your breath and try your best in the exam.

Breathing strategies can assist with stress and anxiety. When you are stressed you are more likely to breathe in a shallow way. Shallow breathing can trigger other anxiety responses, so practice breathing deeply as often as you can.

Tips



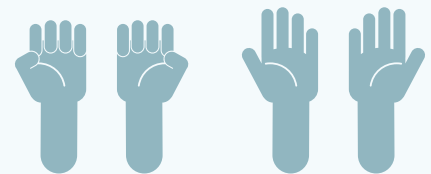
Breathe in for 4 seconds, hold for 2 seconds and then breathe out for 6 seconds. Repeat 5-10 times.



Place one hand on your chest and one on your stomach. Try to breathe deeply so the hand on your stomach rises – this will indicate that you are breathing all the way into your diaphragm.



Breathe in through your nose and out through your mouth, counting slowly to 5 with each breath in and out. Repeat 5-10 times.



Sit with your hands clenched in your lap, with palms upwards. Close your eyes or fix them on a point. Breathe in slowly and, as you breathe out, uncurl your thumb on one hand. Repeat and uncurl the next finger. Keep repeating until you have uncurled all your fingers for both hands and are sitting with relaxed open hands in your lap.

For more skills training

Contact University Counselling.