

## Instructions:

1. Make a copy of this document
2. After taking the time to read the steps and the level of the three different breathing exercises, choose the exercise that best fits you
3. Use the week tracking sheet to record the breathing exercise(s) that you choose
4. After doing the exercise, indicate the exercise done and reflect on the activity on the week reflection template

(I recommend starting with the Belly Breathing exercise as it is the most simple. Once you get the hang of it, feel free to continue with the Belly Breathing exercise or move on to the three more complex exercises!)

## Time Requirement:

**Time** - around 5 minutes a day.

**Frequency** - It is recommended that you do this exercise everyday.

(P. S. The breathing exercises don't take a long time, and there are some exercises that you can engage at any place or time! 😊)

---

## Belly Breathing

- Level: Easy
- Relaxing
- Relieves stress

### Instructions:

1. Comfortably position yourself sitting down or lying down on your back
2. Place one hand on your belly and another hand on your chest
  - a. This is just to ensure that the hand on your belly is moving while the hand on your chest stays still
3. Inhale through your nose ensuring that only your hand on your belly is moving out
4. Exhale with pursed lips ensuring that only your hand on your belly is moving in
5. Repeat this breathing pattern 3-10 more times

---

## 4-7-8 Breathing

- Level: Intermediate
- Relaxing

### Instructions:

1. Comfortably position yourself sitting down or lying down on your back
  2. Place one hand on your belly and another hand on your chest
    - a. This is just to ensure that the hand on your belly is moving while the hand on your chest stays still
  3. Breathe in and count to 4
  4. Hold your breath for 7 counts
  5. Exhale for 8 counts
    - a. By the end of the 8 counts, you should have been able to fully breathe out all the air
  6. Repeat this breathing pattern 3-7 more times
- 

## Roll Breathing

- Level: Advanced
- Relaxing
- Develops “*full use of your lungs*”
- Focuses “*on the rhythm of your breathing*”

### Instructions:







1. Comfortably position yourself lying down on your back with bent knees
2. Place one hand on your belly and another hand on your chest
  - a. This is just to ensure that the hand on your belly is moving while the hand on your chest stays still
3. Follow the steps to “Belly Breathing” (8-10 breaths)
4. Next, add the additional step of continuing to inhale into your chest ensuring that the hand on your chest is moving up and the hand on your belly is about to move down as you engage in the additional step
5. Slowly exhale while making “*a quiet, whooshing sound*” ensuring that, now, the hand on your belly first moves down and then the hand on your chest follows
6. Repeat this breathing pattern for 3-5 minutes

- \* inhaling = hand on belly moves up first, then hand on chest
- \* exhaling = hand on belly moves down first, then hand on chest
  - Replicates a wave-like motion

**Caution:** trying this breathing pattern for the first time can cause dizziness, so if you experience dizziness, slower your breathing and slowly get up

---

## Tracking Sheet

- Use this tracking sheet to track your monthly breathing exercises
- For the “?” row, indicate the type of breathing exercise you did using the following emojis:
  -  = Belly Breathing
  -  = 4-7-8
  -  = Roll Breathing
  - \* leave blank = didn't do any breathing exercise
- For the “:)” row, indicate how you felt during/after the exercise using the following symbols/colors:
  -  = feeling a lot more relaxed/less stressed!
  -  = feeling somewhat relaxed/less stressed.
  -  = still feeling stressed/tense.

Month : _____																															
	Week 1							Week 2							Week 3							Week 4							Week 5		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
?																															
:)																															

---

## Reflection

Guiding Questions:

- How was the breathing exercise? Was it easy/hard? Was it successful?
- How did you feel before/during/after the exercise?

WEEK \_\_

Day 1		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing

Day 2		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing

Day 3		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing
Day 4		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing

Day 5		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing
Day 6		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing

<i>Day 7</i>		
<input type="checkbox"/> Belly Breathing	<input type="checkbox"/> 4-7-8 Breathing	<input type="checkbox"/> Roll Breathing

---

## Student Review:

Personally, I didn't think breathing could have such a big impact in terms of making me feel more relaxed or relieving my stress, but once I actually tried this for a week, I started to notice a positive impact on my life. During any time where I had a break between my work, I decided to engage in one of these breathing exercises. Though I didn't feel much of an impact during the first minute of the exercise, towards the end, I immediately felt more relaxed and had, in general, a better mood than when I started. The good thing about this exercise is that it doesn't have a short-term effect. Instead, throughout the rest of the day, I felt more calm, which is why I really recommend anyone to try this, regardless of how stressed you are, because it really is something that is helpful for anyone!