

Breath relaxation

Introduction

Breath relaxation is concerned with bringing about physical relaxation through conscious deep inhalation and exhalation. Particularly in phases of stress (e.g. an upcoming exam), those affected tend to breathe faster and more shallowly. As a result, there may be a shift in the CO₂ content of the blood. This can lead to dizziness, a feeling of tightness in the chest and fear of not being able to breathe (hyperventilation). In contrast to stressful situations, in relaxed situations, such as sleep, one breathes deeper into the abdomen and exhales for a very long time. The method of breath relaxation takes advantage of this to counteract nervous breathing and reduce the physiological stress level. In order to benefit permanently from the positive effect of relaxation through this method, it is helpful to integrate this method regularly into everyday life, for example at transitions in the personal daily routine (beginning of a learning unit, before eating, before going to bed).

Instruction

Take a relaxed sitting posture. Your feet are in contact with the floor with the entire sole. Your hands rest relaxed on your thighs. With your chin slightly lowered, focus your eyes on a fixed point on the floor. Optionally, you can close your eyes. Define a suitable exercise length for yourself, e.g. three minutes.

1. Close your eyes.
2. Place your hands on your stomach.
3. Inhale deeply through your nose into your stomach (not into your chest)
4. Exhale slowly and long through the mouth (exhale longer than inhale).
5. While doing this, count slowly as far as you can (e.g., inhale: to 5, exhale: to 7), or speak along inwardly (inhale, exhale) or say a helpful phrase to yourself (e.g., inhale: "Take it easy.", exhale: "I am well prepared.").
6. Repeat three to five times.
7. Open your eyes and focus on the task.