



# Breathing Exercises



Advice by the Institute for Women's and Men's Health/ Project NEDA



Try rating your stress before and after the exercise on a scale from 0-10. Do you feel a difference?

## Breathing Exercises – Why?

Breathing is strongly connected to our feelings. Calm breathing relieves stress and leads to relaxation. Breathing exercises can help with concentration. They can help us feel strong and confident in challenging situations.



## Breathing in everyday life

Breathe in calmly for 3 seconds through your nose into your belly. Hold your breath briefly. Then, breathe out through your nose or your slightly opened mouth for 6 seconds. Hold your breath briefly after breathing out and begin breathing in again.



## Breathing Exercise: "Body Journey"

1. Assume an upright seated posture and close your eyes. Take a few deep breaths. Breathe in, and breathe out.
2. Direct your attention to your feet. How do they feel on the ground? Where do you feel their weight? Is there a difference between the left and the right foot?
3. Let your attention wander across your legs, your buttocks, your belly, your arms, your chest, and your neck up to your head. Try to observe each part of your body while you do this.
4. Then, try to sense your whole body. Which parts feel calm and vital, which are tense or even hurt, which feel neutral?
5. In the end, take another deep breath. Slowly open your eyes again.

## Breathing and Anxiety

When we are anxious, we often do not breathe into our belly but into our shoulders or chest. Taking deep breaths can be relaxing. With breathing exercises, the constricting feeling of anxiety can be relieved. Observing your own breathing can help you to calm down.

## Breathing during Panic Attacks

During panic attacks, try to calm your breathing as much as possible. Moving your body helps relieving anxiety too: walk fast until you feel that you are calmer.

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