

Breathing Exercises Social Media Bundles

WHY BREATHING EXERCISES?

When we feel anxious, we sometimes don't breathe as deeply as we should. These short breaths can be bad for our bodies and our brains and make us feel more anxious. Practicing deep breathing can help to still your mind, calm your body, and control your feelings of anxiety.

BREATHING EXERCISES ARE A USEFUL TOOL TO CHECK-IN WITH AND CALM OURSELVES.



Find out more at

School Mental Health Ontario

Santé mentale en milieu scolaire Ontario

jack.org/covid

HAND-TRACING EXERCISE

Starting at your wrist, trace the **left side** of your hand up to your **middle finger** while taking a **deep breath** for **four seconds**

Pause at the tip of your middle finger and **hold** in your breath for **4 seconds**

Breathe out while tracing down the **right side** of your hand for **four seconds**

Repeat **4 times**



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FLOWER BREATHING EXERCISE

- Trace the **right side** of the flower, while taking a **deep breath** for **four seconds**
- Hold** in your breath while tracing the **stem** of the flower for four seconds
- Breathe **out** while tracing the **left side** of the flower for four seconds
- Repeat** four times



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BELLY BREATHING EXERCISE

In a **sitting position**, put one hand on your **chest**, and one hand on your **belly**

Take a **deep breath** through your **nose**. Feel the air moving through your **lungs**. Slowly exhale from your **mouth**

Take a **second breath**. Imagine bringing the air into **your belly**. See if you can make your belly **move more** than your chest

Breathe in for four seconds. **Hold** the air in for four seconds. Feel the movement of the air in **your belly**. **Breathe out** slowly for four seconds

Repeat



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