



Does school have you stressed out and feeling anxious?

Facts

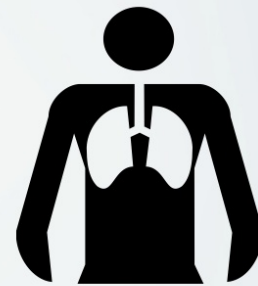


42% of Brescia students have experienced anxiety which has effected their academic performance.



Just Breathe

1. Breathing practices decrease stress by decreasing the body's levels of stress hormones such as cortisol.
2. Breathing practices can reduce pain and the activation of pain centers in the brain.
3. Breathing practices can alter the genes responsible for stronger immunity.



Research shows how beneficial breathing is for your overall well-being; for both immediate stress relief and lasting physiological advantages.



Benefits of Breathing



Reduces anxiety & depression



Improves sleep



Increases happiness



Helps with the ability to regulate emotions



Try at Home: Abdominal Breathing

The goal of this breathing exercise is to relax and relieve stress. Abdominal (or Belly) Breathing is best for before a stressful event, such as an exam.

1. Put one hand on your chest and the other on your belly just below the ribs.

3. Breathe out through your mouth, feeling your belly go down.

2. Take in a deep breath through your nose, inflating the diaphragm with enough air that your belly should push your hand out (chest does not move).

4. Do this exercise 3-8 times, taking your time with each breath.



Free Helpful Apps

How? From your brain to your vital organs, breathing oxygenates every cell in your body, and without sufficient oxygen, your body can develop health problems & you will have trouble concentrating.



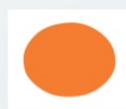
Stop, Breathe & Think



Breathe2Relax



Relax Lite: Stress & Anxiety Relief



Headspace



Universal Breathing - Pranayama Free



Pacifica

WHY:



“

The breath is linked to the autonomic system. Daily breathing practices activate the parasympathetic nervous system which is associated with resting & digesting. Breathing promotes calmness in your body & mind.

”



Want to know more? Visit the Student Life Centre for more resources on breathing!
Student Life Centre | Brescia University College | 1285 Western Road | London, Ontario, Canada | T: 519-432-8353 | bucstudent.life@uwo.ca | Twitter @Brescia_SLC | Facebook: Student-Life Centre



Sources:

AppCrawlr. (n.d.). Best iOS apps for: "deep breathing" Free. Retrieved November 18, 2016, from <http://appcrawlr.com/app/search?q=deep%2Bbreathing&device=ios&price=Free>

DiscoveryHealth.com Writers. (2005, July 12). Deep Breathing: It's Easy When You Don't Try. Retrieved November 18, 2016, from <http://health.howstuffworks.com/wellness/stress-management/deep-breathing.htm>

Grzona, C. (n.d.). An Easy Alternate Nostril Breathing Technique. Retrieved November 18, 2016, from <http://www.gateways-to-inner-peace.com/alternate-nostril-breathing.html>

Health Link BC. (2015, November 20). Stress Management: Breathing Exercises for Relaxation. Retrieved November 18, 2016, from <https://www.healthlinkbc.ca/health-topics/uz2255>

Ray, L. (2013, August 19). Box Breathing Technique. Retrieved November 18, 2016, from <http://www.livestrong.com/article/74944-box-breathing-technique/>

Shakeshaft, J. S. (2012, October 08). 6 Breathing Exercises to Relax in 10 Minutes or Less | TIME.com. Retrieved November 18, 2016, from <http://healthland.time.com/2012/10/08/6-breathing-exercises-to-relax-in-10-minutes-or-less/>