

## Homework – BREATHING (Stress management training SMT)

1. To x to students or do this exercise alone in your room.

Focus: Breathing

Content: Three exercises

Time: 5 minutes

Introduction:

Most muscle-skeleton problems among employees are at least partly associated with job stress and tension. In addition to physical exercises, simple breathing exercises may have therapeutic effects. The present application takes only five minutes to perform.

Procedure:

- This program is carried out while sitting on your chair in your office.
- Please sit in an upright position, keep your back straight.
- If you have high heels, big shoes or boots we recommend you to take them off.
- Keep your feet on the floor. Make sure both soles are touching the floor.
- Please make sure good contact between your thighs, back and the chair.
- Put your hands in your lap with palms up: Relax your fingers, arms and shoulders.
- Hold your head as an extension of your neck – sense the balance of the spine, neck and head.
- I invite you to close your eyes – but if you hesitate, focus a point on the floor a certain distance in front of you.

### Exercise 1.

- Be aware of your breath – and how the air goes through your nostrils.
- Focus your breathing. Breathe normally.
- Let the breath breathe itself.
- Follow the breath from your nostrils to your belly. Feel the movements in your belly.
- Inhale through your nose – exhale through your mouth.
- Repeat this process at least ten times.

### Exercise 2

- Go on breathing
- Keep focus on your nose – follow your breath from nose to belly.
- Imagine that you “anchor” your breath in your belly or in your nose.
- You can any time later return to this “anchor”.
- Inhale – fill your belly with air – and focus your breathing anchor
- Exhale

**Exercise 3**

- After a while you will realize that your mind might drift away from the breathing.
- There might be some distracting thoughts.
- You can't stop these thoughts from coming – but let them go
- Stop – observe them – accept them – and let go (SOAL)
- And go back to focus your breath
- Inhale – focus your “breathing anchor” in your belly
- Exhale
- Repeat your breathing exercises for at least ten times.

**Exit**

- When you are ready for it, please turn your attention to your working situation
- Start with moving your fingers and toes
- Open your eyes
- Stretch your arms above your head