

SKILL –Mindful Breathing Exercise



1) DESCRIPTION OF THE TOOL

Mindful Breathing Exercise is a simple yet effective practice that helps individuals manage stress by focusing on their breath, which encourages a calm and centered state of mind.

Time: 10 minutes

2) OBJECTIVES OF THE TOOL

- To reduce immediate feelings of stress and anxiety.
- To enhance focus and concentration.
- To promote relaxation and well-being.
- To improve physiological responses to stress, like heart rate and blood pressure.

3) CONNECTION OF THE TOOL WITH THE SKILL

This tool supports the development of stress tolerance by providing a practical technique that can be used to regulate emotional responses and maintain calmness in stressful situations, aligning with the broader goals of stress management training.

4) RESOURCE MATERIALS

- Timer or clock for tracking breathing exercises.
- Comfortable seating arrangements.
- Optional background calming music or nature sounds.

5) HOW TO APPLY THE TOOL

- Step 1: Sit comfortably in a quiet place and close your eyes.
- Step 2: Slowly inhale through your nose, counting to four.
- Step 3: Hold your breath for a count of four.
- Step 4: Exhale slowly through your mouth, counting to six.
- Step 5: Repeat this cycle for five minutes, gradually increasing the duration as practice progresses.



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6) WHAT TO LEARN

Participants will learn how controlled breathing can serve as a powerful tool to pause the stress response and bring about a more relaxed and focused state, enhancing overall stress resilience.



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