

Breathing and Relaxing

4 exercises to practice

Controlling My Body



- Close your eyes. Inhale slowly through your nose, comfortably filling your lungs and belly, as if filling a balloon inside you.
- Silently and calmly repeat the following words to yourself: "My body is full of calm".
- Exhale slowly through your mouth and, comfortably, empty your stomach and lungs completely, until you feel that there is no more air inside you.
- Quietly and calmly repeat the following words to yourself: "My body is releasing tension".
- Repeat 5 times. You can practice this exercise as many times as necessary throughout your day and in any place or situation.



Breathing in 4 - 7 - 8

- For this exercise, you can use an analog or digital clock or simply count the seconds mentally.
- Place your tongue on the roof of your mouth, in the middle, behind your teeth. Calmly inhale through your nose until your stomach is full for 4 seconds.
- Hold your breath, without moving or shifting your tongue, for 7 seconds.
- Exhale slowly through your mouth, releasing all the air and emptying your stomach, for 8 seconds.
- Repeat the sequence up to 4 times and resume the exercise, if necessary, after a few minutes. This is an exercise that can help you fall asleep.

Tension and Relaxation



- Find somewhere quiet and peaceful. Sit comfortably, with all parts of your body supported and your legs uncrossed. Close your eyes and breathe calmly for 10 seconds. With your eyes closed, focus your attention on the muscles in your dominant hand and arm.
- Count to 3 and then close your fist tightly, contracting these muscles. Pay attention and feel the tension in the muscles and joints from your hand to your arm. Hold for 5 seconds.
- Relax. Notice the difference between the tension and relaxation of the muscles. For the next 30 seconds, focus your attention on the muscles that are becoming more and more relaxed.
- You can repeat the exercise for any part of the body and ideally practice it once a day.



Smelling and Blowing

- Find a quiet place or focus entirely on yourself. You can sit or stand. Close your eyes.
- Imagine you are holding a flower in your hand and bringing it up to your face. Inhale calmly, as if you are smelling the flower. Imagine its scent and feel the calm that enters you.
- Now imagine that you put the flower down and hold a candle. The candle is small and its flame is soft. Feel the gentle warmth that the candle's flame gives off as you bring it close to your face. Slowly, imagine that you blow on the candle flame until it falls, but without blowing it out. The flame flickers, but doesn't go out, and the air comes out slowly and completely inside you.
- Practice this exercise whenever you want, at a bus stop, before going into a test, or alone in your room.

