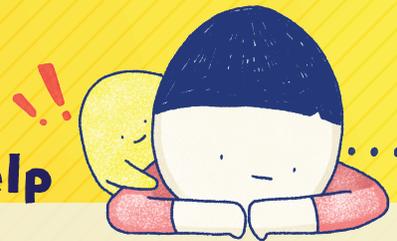




Diaphragmatic Breathing Exercise Step by Step



Seeking Professional Help



The University provides counselling services for undergraduate and postgraduate students. You may check out our Counselor's profiles on our webpage and make an appointment with them online. Two weeks' advance booking is allowed. Please be reassured that all information shared and anything discussed during counselling sessions will be strictly confidential.

Counseling and Wellness Center

Room 5003 (via lift 3)

<http://counsel.ust.hk>

E-mail : counsel@ust.hk

Tel : (852) 2358-6696

24/7 HEARing : (852) 8208-2688

This is a 24-hour helpline that supports HKUST students 7 days a week. The service is made available by our Counselors in collaboration with the Christian Family Service Center.

Diaphragmatic breathing is a simple and powerful technique to help your body calming down, lower heart rate and blood pressure, decrease muscle tension, as well as warm your feet and palms. Just spend 15 - 20 mins each session. Let yourself set aside everything. Feel the relaxed state of your mind and body peacefully.



Find a comfortable position. Relax by sitting in your chair or laying down.



Close your eyes slowly. Breathe slowly. Try to get a feel and sense of your body.



Remain in this state for a few moments.



Feel the points where your body is in contact with the chair or floor.



Relax and remain in this state for a few moments.



As much as possible, try to stay relaxed in this state for a few minutes.



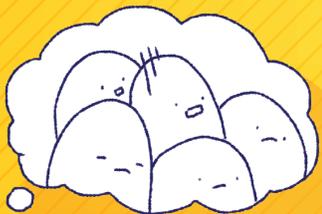
Relax and try not to control your breathing - follow each breath as it flows. Do not try to accomplish anything at this moment.



Notice the rhythm of your breath. Hold each breath for a moment. Stay focus. Inhale deeply, hold and count 1, 2, 3. Expand your belly. Then exhale slowly through your mouth and count 1, 2, 3. Feel your breathing slowly.



Be aware each time you inhale and exhale, making sure your belly is expanding and shrinking with each breath. Each break is like an ocean wave flowing in and out. The fresh air enters and exits your lung.



Your mind may wander away thoughts or drift along. Acknowledge briefly where your mind is up to and gently bring your awareness back to the sensation of the breath coming in and going out.



Let your mind flow:
Feelings of depression
Feelings of anxiety
Loss of interest
Pains
Negativity etc.

Do not dwell on your thoughts nor make them go away. Open your heart and make some rooms for discomfort, tension and anxiety. Allow them to be there.



Open to this state for a few moments.



Breathe gently into and out of the sensations of discomfort. Imagine your breath moving through your body. Thoughts and feelings flow through your mind and body.

