
Student Counselling Office (Zentrale Studienberatung)

Calming breath - exercise

This breathing exercise should be in every first-aid kit for exam situations.

By controlling our breathing, we can also indirectly influence our heart rate.

'Calming our breath' helps us calm down an 'overheated' situation. By slowing our breathing, we can slow our heart rate.

This is how it works:

- Take two minutes for yourself.
- Breathe into your stomach through your nose only.
- Pause briefly between each of the in-breaths and out-breaths, and vice versa.
- Follow this rhythm with your breathing:
 - Breathe in for 3 seconds.
 - Pause for 1 second.
 - Breathe out for 6 seconds.
 - Pause for 2 seconds.

There are numerous apps you can use for support while doing this breathing exercise (e.g. Breath Ball, Breathe+). They allow you to set your own individual breathing rhythm, and the in- and out-breaths are presented visually.