

Tell us what you think!



CALMING BREATH STRATEGY POSTCARD

Check out the evidence!

What is the calming breath?

Calming breath, or abdominal breathing, is a technique that helps us slow down our breath when feeling stressed.¹

How to practice the calming breath?

Overview of the steps for the calming breath: ^{2-3, 5}
Try repeating this cycle for at least 3 full breaths!

1



Inhale through the nose for 4 seconds

2



Hold for 2 seconds

3



Exhale through the mouth for 6 seconds

4



Hold for 2 seconds



Listen to the calming breath guided audio



Listen to the calming breath guided video

Research evidence for effectiveness

Research shows that there are many benefits associated with the calming breath, for instance:^{4, 6}

Improved sustained attention



Lower heart rate



Reduced negative emotions and stress levels



Stabilized blood pressure



When to practice the calming breath?

Anytime! It only takes a few minutes

Anywhere! All you need is to be able to breathe

For example:



During a test/exam



or

On the bus ride home



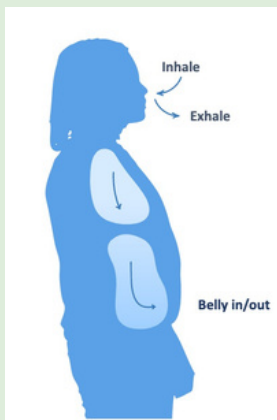
or

During a difficult conversation



Tips for practice:¹

When learning the calming breath...



- Place one hand on the chest and the other on the belly.
- Feel the belly hand rising and falling as you breathe, while the chest hand remains still.

Make a habit out of it



To use this strategy more effectively during periods of high stress, it's best to start using it in our day to day lives first.

Remember to exhale for longer than you inhale



This is what helps us feel calmer during the practice.

Pause after each inhale and exhale



This prevents short breaths, which may lead to hyperventilation.

CONTACT INFORMATION



View the reference list for this infographic



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