

Just breathe

3 steps to the activity realisation



Step 1 – preparation phase

There are times in our lives, when we are stressed out about something or our mind feels rattled easily. Very often, we tend to develop these feelings if we are experiencing problems or setbacks. Especially young people tend to feel insecure when faced with problems. Therefore, as a first step, think about their situation and collect information on them. Try to find issues to connect with them. What problems might they be faced with? Also, note down some positive words and phrases you could say to them when implementing Step 2.

Next, think about how to introduce the exercise to the young adults. Bear in mind that perhaps some might have never tried a breathing exercise before, feeling a little bit uncomfortable. Then, think about how you want to structure the exercise. What do you want to say to at the beginning, middle and end of the exercise? Take some notes to be used in Step 2.

Then, prepare a sheet of paper, onto which the young adults can write down current (or past) concerns/problems/setbacks in Step 2. Do not allocate too much time on this, so that the people do not get absorbed by negative emotions.

Lastly, ensure that the activity is implemented in a spacious, quiet and freshly aired room (you can also do the exercise outdoors).

Step 2 – activity phase

Firstly, you start an informal conversation with the participants on how they are feeling today. Then, introduce them about the activity to follow. Firstly, hand out the piece of paper. Explain to participants that they have around 5 minutes to write down a concern/problem situation that they are (were) experiencing. This information can be private.

Then, ask them to take a comfortable standing or seating position, whatever feels right to them. Next, you tell them to stand tall and to feel the weight of their feet on the ground. Lead their attention towards their bodily sensations.

Then, tell them to take deep breaths, in and out, breathing through the belly. After a few breaths, tell the participants to visualise the situation they have written down beforehand. Tell them to visualise how they have mastered the situation, what they have learnt from this experience, in which respects it has made them stronger, how they can face similar/future situations. Tell them that it is okay to fail and that life means to learn from one's mistakes. Try to stress the positive moments and skills the young people might have learnt from this experience.



Type of activity:
Physical activity
(breathing exercise)

Value of the activity:
Breathing techniques help us to connect with how we feel at present. Thus, positive and negative behavioural patterns can be identified more easily. Regularly practicing breathing techniques strengthens young people's ability to develop resilience, making them feel less insecure.



Timing:

Preparation: 10 min.
Implementation: 10 min.
Checking learning progress: 10 min.



Activity follow-up:

<https://www.healthline.com/health/breathing-exercise>



Other value case box components:

It is recommended to implement this exercise in a quiet and relaxed atmosphere.



Value quoted:

Whatever you tell young people during the breathing exercise, make sure that it is of value to them and connected with their reality. Try to create a relaxing atmosphere with the tone and pace of your voice.

Step 3 – wrap up phase

Reflection process: after the breathing exercise, ask about their opinions. How did they feel during the exercise? How do they feel now, when thinking about their problem situation? Tell them that breathing exercises are very helpful in any situation that makes us feel stressed out. Exercising regularly reinforces a relaxing effect and stabilises the mind. Thus, breathing exercises allow to reflect about coping behaviour mechanisms in a more creative and physical way.

Your notes:

V ...

V ...

V ...

V ...

V ...

V ...

V ...

V ...

V ...