

IS MY BREATHING RELATED TO STRESS SYMPTOMS?

Yes, stress and breathing are closely related. Upper chest breathing does not utilize the entire lung capacity. Therefore, less oxygen is being transported into the body. Your body may feel tense, as the muscles are not getting enough oxygen.

Here are some emotional and physical symptoms that can be connected to chest breathing:

Emotional Signs are

- ✦ Anxiety
- ✦ Moodiness
- ✦ Irritability
- ✦ Forgetfulness
- ✦ Fear of failure
- ✦ Outbursts

Physical Signs are

- ✦ Tight muscles
- ✦ Jaw clenching
- ✦ Insomnia
- ✦ Fatigue
- ✦ Headaches
- ✦ Pounding heart

*NOTE:
These signs /
symptoms may
also be due to
a medical
condition. The
information in
this brochure is
not a substitute
for medical
treatment!*

To overcome some of these symptoms, try out the breathing exercise listed in this brochure.

Feel free to come by the Transfer Peer Counseling Center anytime during office hours to ask more question or just to let us know how you are feeling ☺

DO I NEED AN APPOINTMENT TO SEE A PEER COUNSELOR?

Students can make an appointment with Peer Counselors at the information window of room 3140 North Hall. Appointments are made in person.

Quick questions can be answered immediately on a walk-in basis. Walk-ins are welcome. However, you will be seen on a first come first serve basis. Therefore, we encourage students to make appointments with the Peer Counselors prior to coming in.

OFFICE HOURS

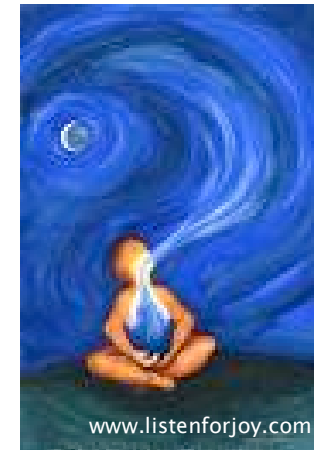
Monday	9 am to 5 pm
Tuesday	9 am to 7 pm
Wednesday	9 am to 7 pm
Thursday	9 am to 5 pm
Friday	9 am to 5 pm



JOHN JAY COLLEGE
THE CITY UNIVERSITY OF NEW YORK
OF CRIMINAL JUSTICE

PEER COUNSELING LAB
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Just Let Me Breathe!



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Room 3134 North Hall

ARE YOU BREATHING CORRECTLY?

WHAT KIND OF "BREATHER" ARE YOU?

In a few simple steps, you can find out if you are a chest or abdominal / belly (diaphragmatic) breather:

Place one hand on your chest and the other one on your abdomen. Take a deep breath in and then breathe out. Repeat for at least 3 times before returning to your own breathing rhythm.

Q: Which hand was moving up and down while you were breathing?

If the hand placed on your chest was moving up/down → you are considered a chest breather.

If the hand placed on your abdomen was moving up/down → you are breathing correctly and are considered a diaphragmatic breather.

Don't worry if you are a chest breather! You can retrain your breathing but you probably wonder why and what for.

BENEFITS OF DIAPHRAGMATIC BREATHING

- ✦ Increased blood flow hence increased oxygen supply to your brain
- ✦ Feeling calmer
- ✦ Better concentration
- ✦ Relaxed muscles
- ✦ Reduced anxiety and panic disorders

RETRAIN YOUR BREATHING

If you have the chance to watch a baby breathe, you will notice, that a baby breathes automatically deep into their belly. That means that you were able to do this once too but over time your breathing changed and it became shallow. You may be breathing only into your chest now. Retraining your breathing takes practice and here is a simple way to do this:

It is easiest when you start lying on your back. Place one hand on your chest and the other one on your abdomen between your navel and your ribs. Breathe in and out and allow your breath to flow all the way to the bottom of your lungs. Try not to move your chest. This may be difficult in the beginning so be patient with yourself.

If you have problems breathing into your belly, you can also put a textbook onto your chest to serve you as a weight to keep you from breathing into your chest.

Interested in more information?

Participate in the ongoing meditations held by Prof. Joel Rosow

Days: Thursdays

Time: 2 pm to 2:50 pm

Place: 3232N, Government Department Conference Room

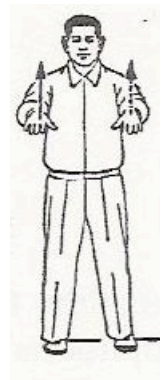
T'AI CHI BREATHING EXERCISE

You can do this exercise just about anywhere, as it is quick, easy, and simple. Just find a quiet space and do this breathing exercise for about 2-3 minutes. It helps to relief anxiety and is good before taking an exam.



Position 1

Stand in an upright position, feet hip-width apart. Your head, hips, and ankles should be aligned as if a string pulls you upward from the middle of your head



Position 2

While breathing in, lift both Arms, as if they float upward to shoulder height. At the same time bend your knees slightly.



Position 3

While breathing out, lower your arms to the original position and at the same time straighten your knees.