

Further Information

Download a Breath Pacer App e.g. Awesome Breathing.

A free breath pacer app that is available on Android and iOS platforms.

For further information on how breathwork helps to reduce anxiety, check out the following resources.



ATU Donegal Student Counselling Service

Free, confidential service, with both online and face-to-face appointments available.

If needed, we can discuss with you how to access further psychological, health or academic support.



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Coláiste
Téicneolaíochta
an Ailbhaigh
Atlantic
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University

TAKE *a* DEEP

BREATH

Fight or Flight

What happens in our bodies when we feel anxious?

When we're anxious, a part of our brain called the amygdala sets off our **'Fight or Flight' response**.

This activates our body's sympathetic nervous system, which governs automatic bodily functions.

As a result, we experience physical symptoms of anxiety, such as a racing heart, rapid breathing, nausea, and changes in body temperature.

Breathwork

We can calm our anxiety by using breathwork to regulate our body.

Breathwork regulates breathing, calming the sympathetic nervous system and activating the parasympathetic system.

This leads to slower breathing, heart rate, and lower blood pressure. As a result, our brain's prefrontal cortex, often sidelined during 'Fight or Flight' mode by the amygdala, is re-engaged.

This allows for clearer thinking and better decision-making.

Coherent Breathing

One breathwork technique (choose the one that suits you best), is Coherent Breathing.

With Coherent Breathing, you aim to breathe in and out through your nose, maintaining a pattern of 5 to 6 breaths per minute. Inhale for 5 seconds and exhale for 5 seconds, all through your nose, for at least 5 minutes.

This practice can be done while sitting or lying down. Like any skill you have to practise it regularly to get the hang of it and feel the positive benefits of it.