

Wellbeing: Breathing Techniques For Calming And Destressing

Course overview

Stress, anxiety, distress and panic attacks can all cause our breathing to change, making us feel even worse. Taking conscious control of our breathing is an easy and effective way to calm ourselves down and reduce the stress hormones pumping through our body.

What will I study?

- How taking control of our breathing manages stress and anxiety
- Square breathing
- Using a focus to stabilise breathing
- Using a body scan technique to guide breathing
- Breathing techniques to use in the moment

Assessment method

You will participate in breathing exercises, discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all. You will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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