

TRIANGLE BREATHING

Ease daily stress with this triangle breathing technique.



This method was adopted from a YouTube video by Lou Egress. Check out the video for a visual walkthrough of this technique.

<https://youtu.be/G4-hVD9Tj6E>



TIPS & TRICKS



Discuss the importance of breathing and its association to wellness with your students and peers. Load the video and have students follow along.

<https://youtu.be/G4-hVD9Tj6E>



TIME

1 minute at least. Use this technique for as long as you feel necessary or until you feel calm and your stress has been reduced.



MATERIALS

If trying this technique for the first time, a computer with internet connection can be used to follow along with the YouTube video.



PREP

- Clear your mind and remove yourself from distractions.
- Load YouTube video if trying this technique for the first time.



PARTICIPANTS

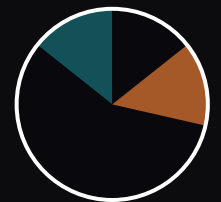
1 - UNLIMITED HUMANS



DIFFICULTY

1/5 EASY

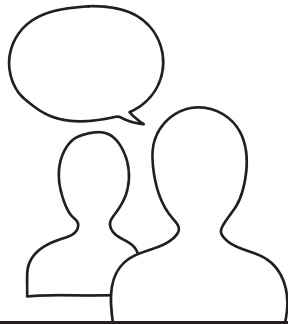
PROBLEM SOLVING
CAREER & PERSONAL DEVELOPMENT




Lethbridge
College

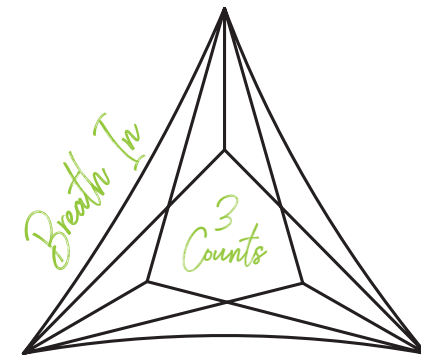
STEPS ON
BACK!





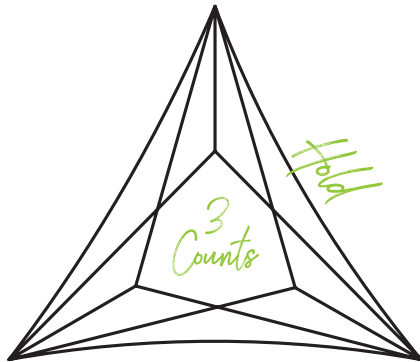
1 DISCUSS

Discuss the importance of breathing and its association with wellness. This activity can be used as preparation for tests or assessment feedback, or any time students are experiencing anxiety.



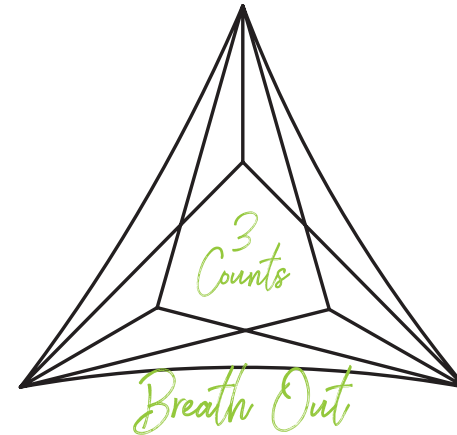
2 INHALE

Picture a triangle. Starting at the bottom left of the triangle, breathe in for three counts as you trace up the first side of the triangle.



3 HOLD

Hold your breath for three counts as you trace down the second side of the triangle.



4 EXHALE

Breathe out for three counts as you trace across the final side of the triangle. Repeat this breathing cycle as many times as you like.