



BODHI
BREATHWORK & YOGA

Stress and Anxiety relief for Students (Tertiary)

The physical reaction our bodies have to stress and anxiety can be debilitating for many students, but it doesn't have to be. There are proven breathing exercises that can help alleviate the physical reactions our bodies experience when stressed, and in turn, when relaxed, our bodies can help slow down our minds. Some can help alleviate the stress in the moment and others are good preventative exercises that can be done daily to help fend off the physical reactions to stress.

Breathwork is a general term for a range of methods that—when practiced with awareness—have a host of potential emotional, mental, physical, and spiritual benefits. In essence, it's breathing practiced with mindfulness. Like yoga or meditation, there are many forms of Breathwork and they all have their own approaches for using the breath as a catalyst for change. Breathwork is a deeper kind of self-care, it helps you move through the blocks you can't see. It helps ground the nervous system, lower stress and anxiety and connects you to your body.

Simple Breathwork techniques effectively train the body to better handle stressful situations. It's very difficult to get rid of the stress in our lives, but rather than view stress as the enemy (or something we need to get rid of), let's look at it as the signal we need to change something about our approach. After all, it's our reaction to what happens in our life that shapes our experiences, not the things themselves.

A cognitive dimension of test anxiety is to worry about the personal and social consequences of failing to obtain one's performance goals from the testing situation. However, if people who have test anxiety practice Breathwork to focus on the present moment, this can free their minds from worrying and focusing on future events.

Conscious breathing offers students a way to connect to a deeper authenticity and inner compass. When students practice conscious breathing they can learn to relax, develop self-awareness, self-discipline and self-reliance with only a few minutes of practice each day. Practices can be used before tests, various competitions (sport, art, debates, public speaking etc) and other areas of their lives. We therefore offer them a variety of tools from which they choose depending on their energy of the moment to meet the challenges they face.

Benefits of Conscious Breathing for tertiary Students:

- Clears and focuses the mind
- Reduces need for ADHD medication
- Raises self-esteem
- Reduces stress, anxiety and depression
- Strengthens the immune system
- Regulates emotions
- Reduces blood pressure
- Raises endorphin levels
- Improved digestion
- Asthma relief
- Reduce impulsivity, cravings and addictions
- Improves sleep
- Increase happiness and optimism

Please get in touch for more information on Stress and Anxiety relief Breathwork for Students:

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