

MURPHY BI-WEEKLY WRITING TIP

Dear Murphy Institute Students,

It is now the middle of October: both the chill and midterms have arrived! The next few weeks are often stressful, so do not forget to practice your de-stressing techniques and, if you need, to reach out for the mental health services offered through the [Queen's College Counseling, Health & Wellness Center](#).

Although stress may help push us to complete the work we have, *too much stress* will not only make it hard to get any writing done but also leave a lasting, harmful impact on our minds and bodies.

This week's tip will suggest one useful de-stressing technique to help you relax your body and manage any stress you have:

Square Breathing

Focal or Square Breathing is a strategy known to control your breathing & help relieve tension.

Step 1: Find a quiet place with no distractions (no electronics, no or few people) where you can sit for 10-15 minutes straight.

Step 2: Create a baseline: focus on your normal breathing pattern

- Count how many seconds you normally take to inhale and exhale
*For example, you may notice that you take **one** second to breathe in and **one** second to breathe out*

Step 3: Extend your breathing by one second

- Try to breath in and out for one second longer – so if your baseline is one second, slowly breathe in for **two** seconds and then out for **two** seconds
- Then, gradually add *another* second until you are breathing as slowly as you can without any challenge (note: if you are out breath, you may be going too fast)

Step 4: Once you are comfortable with slower breathing, try pausing after each inhale and exhale

- You can decide however long you want the pauses to be, as long as you don't feel like you're gasping for air
e.g. breathe in for two seconds, hold for one second, breathe out for two seconds, hold for one

Step 5: Once you have your rhythm, continue for 10-15 minutes.

If you have questions or want to put this into practice, feel free to contact me! 😊

Sign Up for a One-On-One Tutoring Session

1. Visit <https://murphy.mywconline.net/>
2. [Register for an account](#)
3. Log in and select the "Murphy Queens Writing Center" calendar.
4. Choose any of the available white rectangles.
5. Fill out the form with your assignment info.

Sign up to attend the Writing Improvement Workshops, Please [RSVP](#) Here.

I look forward to working with you soon!

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