

Student Wellbeing Centre

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Location: University Health Service, #02-01

Feeling too stressed?

Just drop us an email and we will be in touch!

Relax + Breathe

1. Stand or sit in a comfortable position.
2. Drop your shoulders + let your jaw relax.
3. Breathe in slowly through your nose and hold your breath for 3s. Keep your shoulders down + allow your stomach to expand as you breathe in.
4. Now, exhale slowly through your mouth + relax your body.
5. Repeat Steps 3 + 4 for 3 times.

