

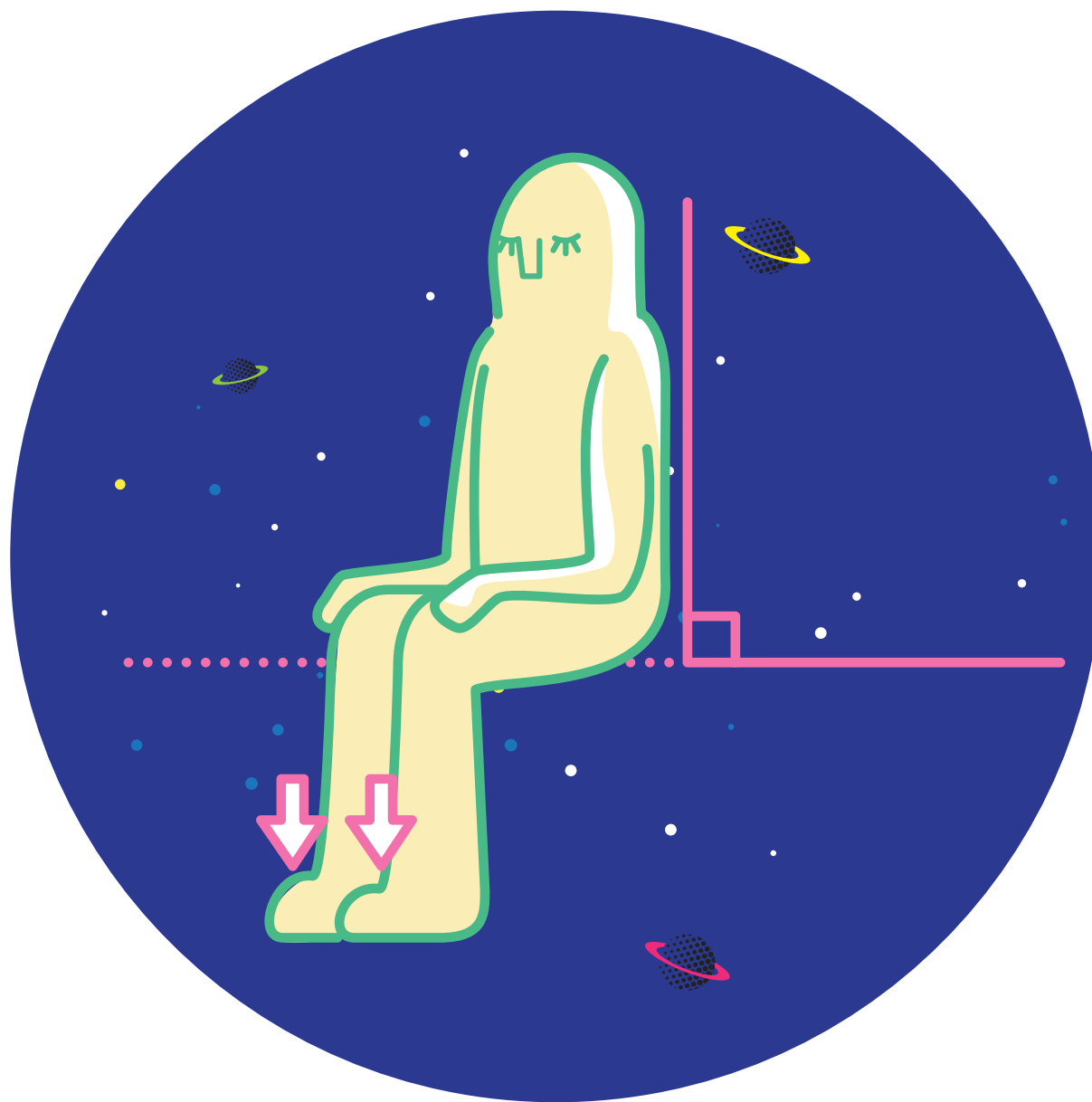


Practise Breathing:  
To Feel Calm...

CoPE  
Together



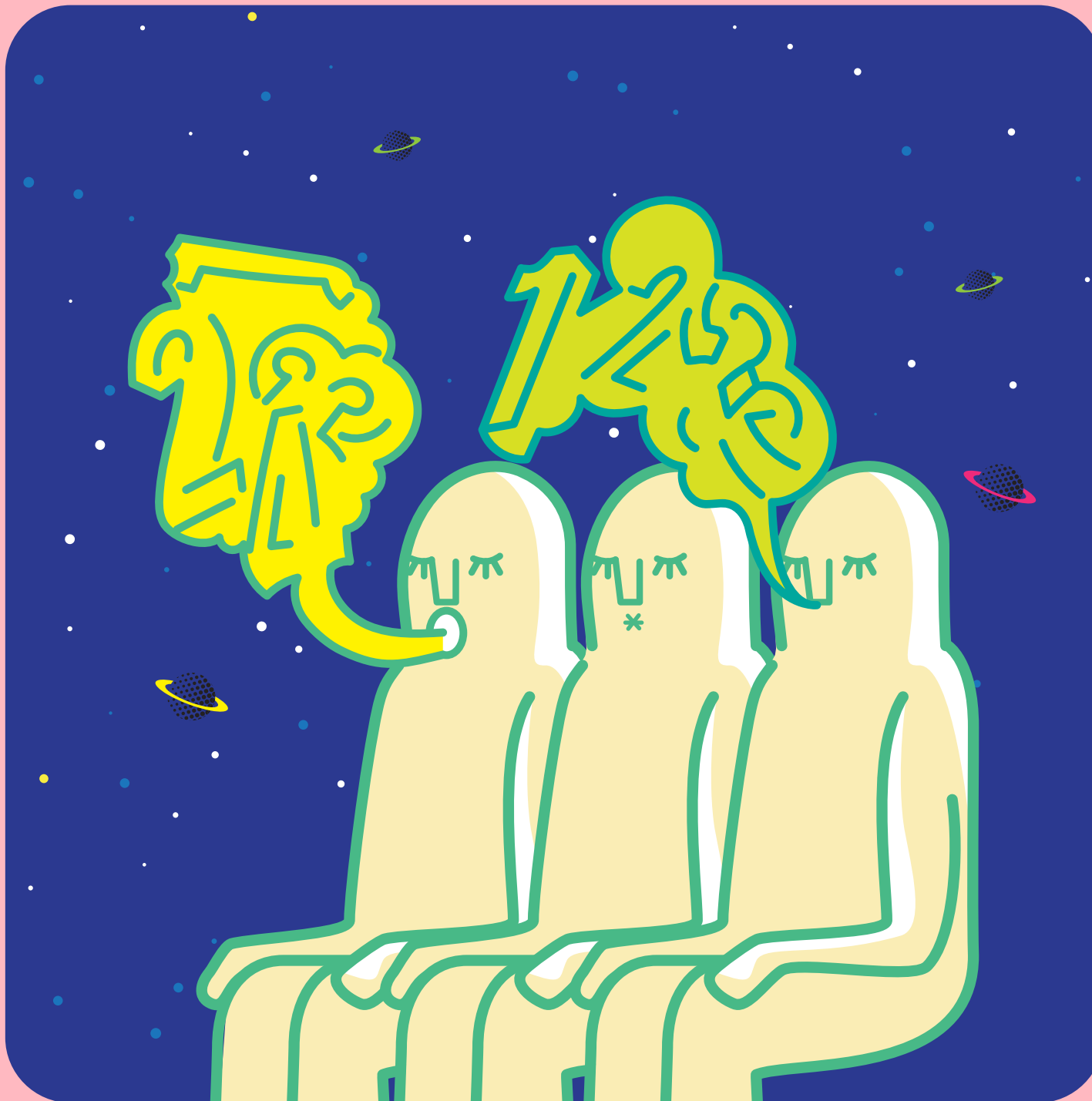
**Step 1:**  
Find a quiet place and sit  
on a chair with back  
support.



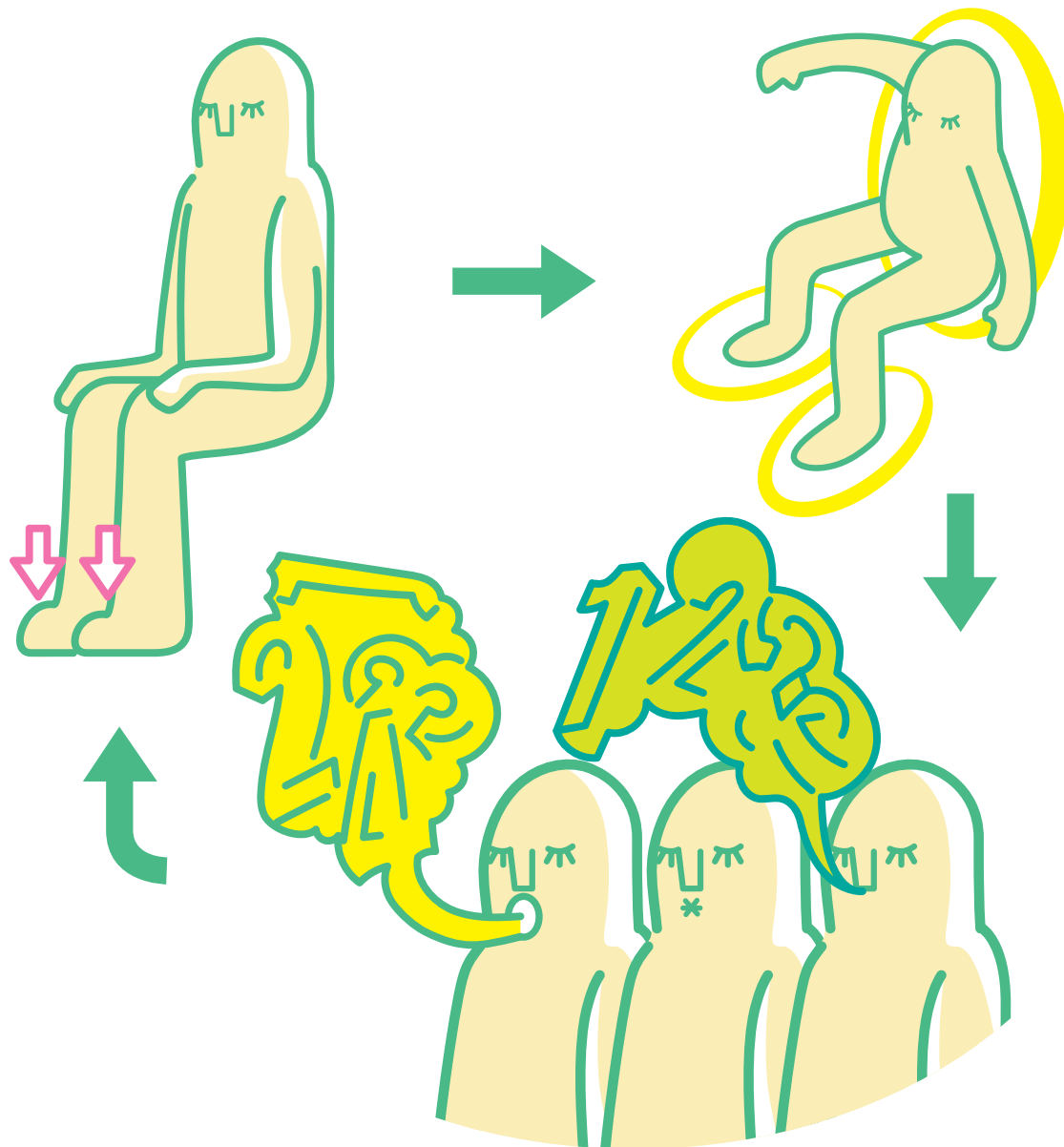
**Step 2:**  
Lean against the back of  
the chair. Place your feet  
on the ground and your  
hands on your thighs.



**Step 3:**  
Sense the feeling that  
your weight and back are  
supported by the chair  
and your feet by the  
ground.



Step 4:  
Breathe out through your mouth to a slow count of 4. Hold for 1-2 slow counts. Breathe in through your nose to a slow count of 3.



Repeat the exercise for  
3-5 minutes until you feel  
calm.



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