

Breathing Techniques & Growth Mindset:

Personal Wellbeing & Resilience

Brittany A Davis

Welcome & Course Intro

Breathe Better. Think Bigger.

Learn practical breathing techniques to reduce stress and discover how a growth mindset can help you overcome challenges and build resilience.

Learning Objectives

By the end of this lesson, you will be able to

- Practice three popular breathing techniques
- Identify effective breathing habits
- Differentiate between fixed and growth mindsets
- Apply growth mindset strategies in daily life

Quick Poll

When you are stressed,
how do you usually react?

- Hold my breath
- Breathe faster
- Shut down
- I'm not sure

Why Breathing Matters

Your Breath is a Built-In Reset Button

Controlled breathing can:

- Reduce stress and anxiety
- Slow heart rate
- Improve focus
- Support emotional regulation

Why Mindset Matters

- Acts as the underlying foundation for how we live, learn, & lead
- Fixed mindset often plateau early & avoid pushing their boundaries out of a fear of failing
- Growth mindset view their intelligence as a starting point. This builds lifelong learning habits, psychological resilience, and continuous self-improvement.

Core Mindset Differences

Growth Mindset

Beliefs – skills are malleable & can be improved

Responses to Challenge – Embraces challenges as opportunities to learn

View of Effort – Seen as the necessary path to mastery & growth

Handling Setbacks – Persists through obstacles & learns from failure

Feedback – Learns from criticism & uses to improve

Success of Others – Finds lessons & inspiration in the success of others

Core Mindset Differences

Fixed Mindset

Beliefs – Abilities & intelligence are set in stone

Responses to Challenge – Avoids obstacles to prevent looking foolish

View of Effort – Seen as fruitless; If you have to try, you aren't 'naturally smart'

Handling Setbacks – Gives up easily & views failure as a permanent limit

Feedback – Take constructive criticism as personal attack

Success of Others – Feels threatened by or envious of others' success

Core Differences at a Glance

Fixed Mindset

Growth Mindset

Abilities are fixed

Skills can improve

Avoid challenges

Embraces challenges

Efforts feels pointless

Effort leads to mastery

Gives up after setbacks

Learns from setbacks

Rejects criticism

Uses feedback to improve

Feels threatened by success

Finds inspiration in other

Cultivating a Growth Mindset

The good news is that mindsets are not hardwired; they can be changed. You can actively develop a growth mindset by:

- Reframing self-talk: Replace "I'm not good at this" with "I can learn how to do this with practice."
- Celebrating the process: Focus on the effort and strategies applied rather than just the end result.
- Embracing the word "Yet": When you struggle, remind yourself you just haven't mastered it yet.

Fixed Mindset vs. Growth Mindset

FIXED mindset can:

- Limit growth
- Increase fear of failure
- Reduce resilience

GROWTH mindset helps build:

- Lifelong learning
- Confidence
- Persistence
- Adaptability

Building a Growth Mindset

Reframe Self-Talk – “I can learn this with practice.”

Celebrate the Process

Focus on effort and strategies.

The Power of “Yet” – “I haven’t mastered this... yet.”

Knowledge Check

Question 1:

Which breathing technique uses equal timing for each phase?

- Belly breathing
- Box breathing
- 4-7-8 breathing
- Rapid breathing

Knowledge Check

Question 2:

Which statement reflects a growth mindset?

- "I'll never be good at this."
- "Mistakes mean I failed."
- "I can improve with practice."
- "Effort means I lack talent."

Technique #1 - Box Breathing

A simple rhythm technique used to improve calm & concentration.

Inhale for 4 seconds

Hold for 4 seconds

Exhale for 4 seconds

Hold for 4 seconds

Repeat several rounds.

Technique #2: 4-7-8 Breathing

01

Ideal for:

- Reducing anxiety
- Falling asleep
- Relaxing the nervous system

02

Steps:

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale slowly for 8 seconds

Repeat up to 4 times.

Technique #3: Belly Breathing

This technique strengthens the diaphragm and slows the heart rate.

How it works:

Breathe in slowly through your nose

Let your stomach expand

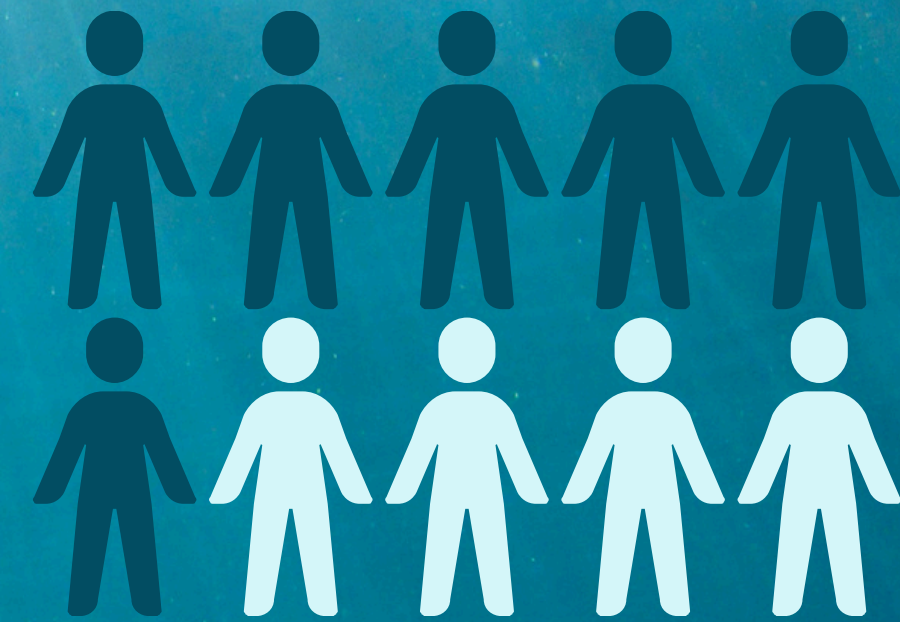
Exhale steadily through your mouth

Practicing Effectively

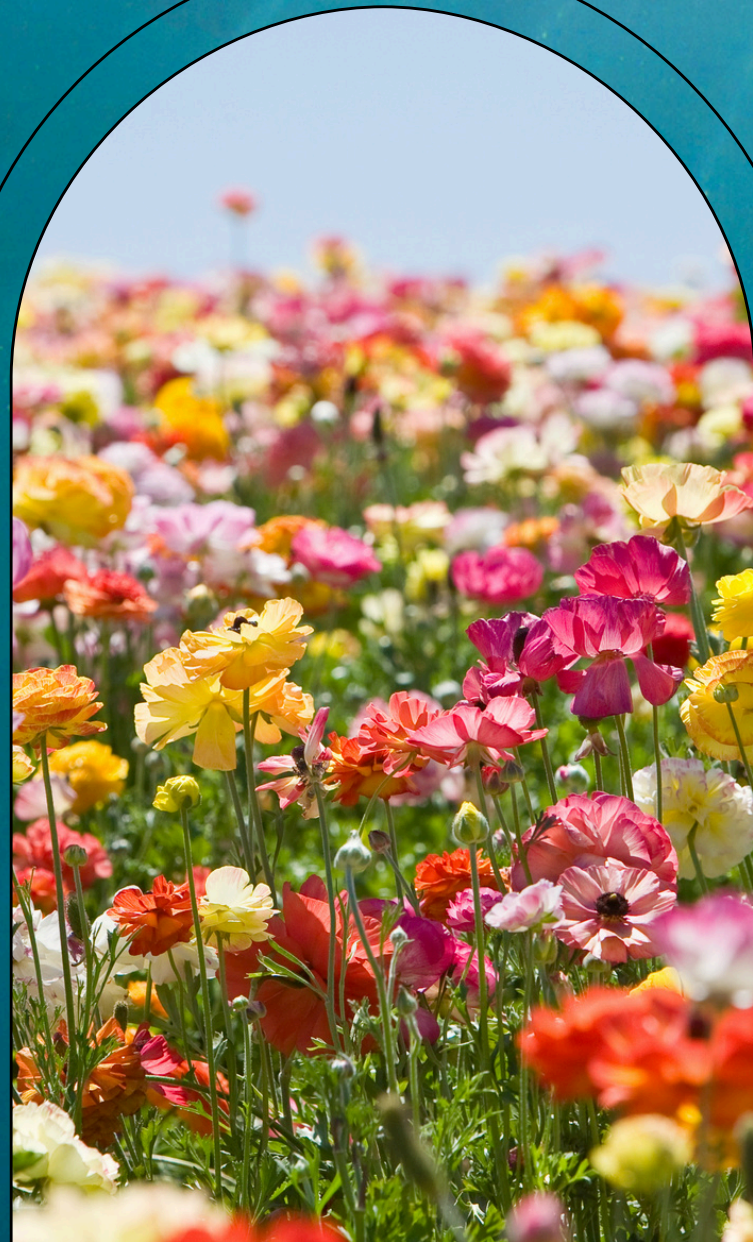
How to Practice Breathing Techniques

- ✓ Find a comfortable position
- ✓ Sit or lie down in a quiet space
- ✓ Keep both feet flat if seated
- ✓ Focus on counting breaths
- ✓ Keep breathing gentle and natural

⚠ Stop immediately if you feel dizzy or faint.



Breathing Controls the Body.
Mindset Shapes the Journey.



How we think about challenges affects:

How we think about challenges affects:

Motivation

Confidence

Resilience

Long-term success

Real-Life Applications

Putting It Into Practice Scenario:

Jordan feels overwhelmed before a major presentation and thinks: "I'm terrible at public speaking."

Choose:

1. Which breathing technique could help first?
2. How could Jordan reframe the thought using a growth mindset?

Key Takeaways

Remember This

- ✓ Your breath can help regulate stress
- ✓ Calm breathing improves focus and emotional control
- ✓ Skills and intelligence can grow over time
- ✓ Challenges are opportunities to learn

One Small Step Forward

Complete this sentence:

This week, I will practice _____ to improve my well-being or mindset.