

Date	How I felt BEFORE the breathing exercise	How I felt AFTER the breathing exercise	Reflection
05oct,21	I was afraid and weaker	I feel calm and stronger	I was appointed to represent my team in the world refugee day ceremony at Napata ground.I was so scared and confused at that time but I strongly breathe in and out to calm my temper and strengthen my heart.
17 june, 21	Annoyed	Patient	It was on tuesday afternoon after class I went home and got no meal, i was very annoyed to hear that my brother had binned all the food he thought on one left, was like drawing felt no strength all about to cry but I resilience by breathing in and out.
13 sep 21	I was angry about a fight	After breathing in and out I was able to manage my feelings and empathise with what the solution may look like.	Breathing activity has enabled me to minimize blood pressure and to regulate negative behavior in regards to the violence situation so that I may react normally to overthrow some dispute cases.
28 july 21	I was very scared to go home at night.	For suddenly I was almost encounter fear and a leaved home	In this scenario I was about to stay there but though breathing in and out, I was like motivating myself to encounter that fear, for sure I felt strange that i did know where it came and managed to reach home safe and peaceful

Weekly Reflection

As you look over your journal for the breathing exercise, consider the following questions:

- 1.How did your approach to the breathing exercise change over time?
- 2.How successful were you in using the breathing exercise?
- 3.How might you adapt your approach to the breathing exercise in the future?

This document contains how breathing activity is applicable to our daily lives. I would like to start with my own definition.

Breathing in and out is the process by which a person can release his emotional barriers or negative feelings toward something. This definition is all about how I do understand this word when it reaches a stage of emotional abuse. This definition might be very quite different from the normal ways we know about these words but it has similar functions as well as that which operate in human beings. The importance of breathing in any aggressive situation.

Breathing in and out has enable me to get out of negative emotion

It removes the fear. It consults one's heart and prevents a quick reaction that would cause problems and also limit the provocation of evil that can lead to misunderstanding between I and

my community members. Breathing exercise has given a hamble time for me to make decisions that will have no cost to my life.