

# PSYCHOLOGY



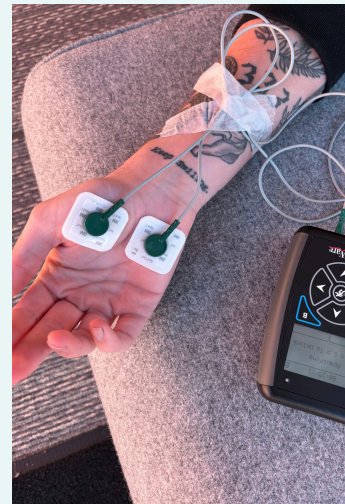
@PSYCH\_UWTSD

APRIL 2025

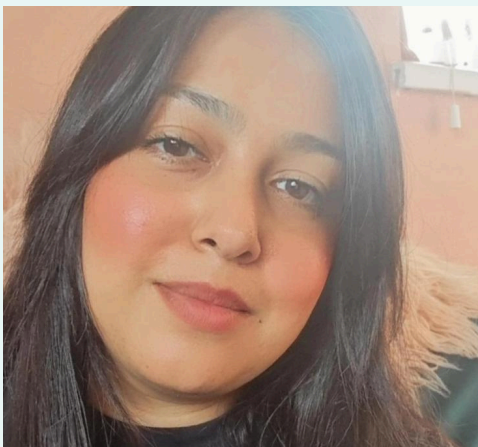
## Study Spotlight

### Inhale, Exhale, Relax: The Effect of Guided Breathwork on Physiological Arousal and State Anxiety

Third year Psychology and Counselling student, Shaheena, explored the effect of guided breathwork on anxiety levels for her dissertation project this year. Conducted in the Immersive Space on the IQ Campus, Swansea, participants took part in a 20-minute breathwork session and were asked to wear a set of electrodes attached to their palms to assess their galvanic skin response (GSR).



The study aimed to explore how guided breathwork could influence physiological responses (GSR) that can be attributed to stress and it was found that guided breathwork reduced both GSR (thus lowered stress) as well as self-reported state anxiety. It is concluded that breathwork could be a simple yet effective method for the management of short-term stress and anxiety.



*It was very exciting to use the new technology available at UWTSD. Thank you to Stacey Coleman and the immersive team for helping me set up the study and to all the participants who took part.*

*Shaheena Kenyon,  
BSc Psychology and Counselling*



Prifysgol Cymru  
Y Drindod Dewi Sant  
University of Wales  
Trinity Saint David

**Seicoleg a Cwnsela**  
**Psychology and Counselling**

## Student Spotlight

Jessica  
Hazelden  
BSc Psychology  
and  
Counselling:  
Level Five



Psychology has always interested me and, although hard at times, the course has been extremely interesting! The interactive studies, classes, and overall vibe of the course has been a lot of fun and nothing like I expected. Use the services available to you if need help, lean on your classmates, there's so much support offered, and I wouldn't have got this far without it! Special shoutout to the couple of lecturers who've pushed me to finally get to this point!

## Counselling Awareness Month

**Counselling isn't just for people with mental health issues or huge problems.**

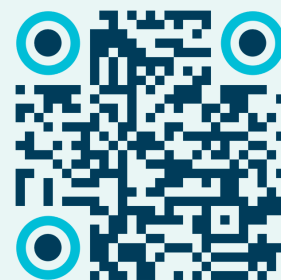
Counselling Awareness Month aims to help us recognise the importance of counsellors, and of inviting conversations about mental health and mental illness.

Almost anyone can benefit from talking to a counsellor. They don't necessarily give advice, but a counsellor can help you discover what would be best to meet your own needs and desires: be it a life transition, relationship concerns, or career goals!

### Well-Being Tips

1. Be in the present and engage in mindfulness
2. Good quality sleep is essential to good mental and physical health
3. Connect and converse with others
4. Engage in self care

Do you have questions for our students?



Submit them here!

### You asked

What is the IQ campus like on a normal weekday?

### We answered

A dynamic atmosphere!

Busy with students sharing ideas, socialising, partnered with comfortable study areas for independent/group work



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UWTSD Psychology and Counselling



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# PSYCHOLOGY

Harry Foster

Jessica Hazelden

Matt Wilson

Stacey Coleman