

Justice for Women



Content

- What is Violence?
- What are the Types of Violence?
- Violence and the Ecological Model
- What is Domestic Violence?
- What is Violence Against Women?
- What is Gender Inequality?
- What is Law?
- What is Justice?
- What are Human Rights?
- What are Women's Rights?
- What is Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women?
- What is the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (Istanbul Convention) ?
- Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women and the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (Istanbul Convention)
- How is Violence Detected?
- What is a Forensic Report?
- Why is a Forensic Report Important?
- Why is it Important to Know Your Rights?
- What is Legal Literacy?
- How to Consult a Lawyer?
- What are the Concepts We Need to Know when Meeting with Lawyers?
- What is Legal Aid?
- Writing a Petition
- Women Take a Breath of Relief!
- What is Breath Therapy?

What is Violence?

Violence is defined as "the use or threat of physical force or power that results in or has the potential to result in harm, injury, death, or psychological damage to an individual."

Violence is a significant public health issue in both developed and developing countries.

Violence against women is a major problem worldwide.

The groups most affected by violence are: women, boys, girls and the elderly.
Individual violence is a factor that triggers collective violence.

What Are the Types of Violence?

In the classification we made according to the type of violence applied, the following subheadings emerge.

1. Physical violence
2. Sexual violence
3. Psychological violence
4. Economic violence
5. Digital violence



Violence and the Ecological Model

A model used today to explain the underlying cause of violence is the “ecological model”.

This model is based on the explanation of personal, situational, and sociocultural factors that contribute to violence.


According to this model, violence against women arises from the interactions of factors at different levels of the social environment.

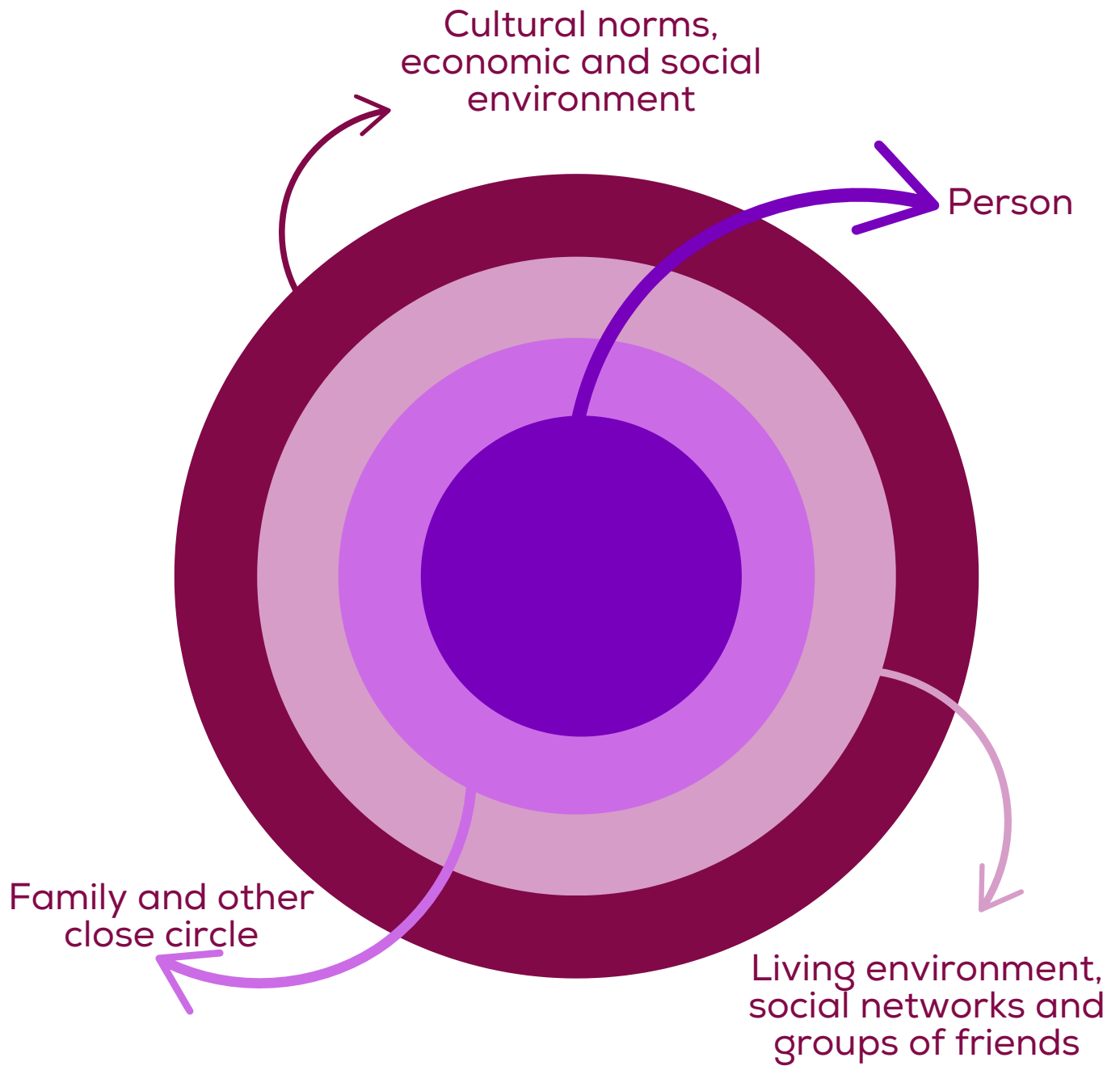




Violence and the Ecological Model

This model can be illustrated with four circles that share the same center.

- The innermost circle represents the biological and personal history that everyone carries into their relationships.
 - The second circle depicts the environment in which the abuse occurs, often involving family or other acquaintances.
 - The third circle encompasses both formal and informal institutions and social structures, including communication patterns such as the living environment, workplace, social networks, and friend groups.
 - The fourth and outermost circle represents the economic and social environment, which includes cultural norms.
- 



What is Domestic Violence?

According to Article 3/b of the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (Istanbul Convention), domestic violence refers to all acts of physical, sexual, psychological, or economic violence occurring within the family or household or between former or current spouses or partners, regardless of whether the victim shares the same residence with the perpetrator. As a phenomenon that reinforces social inequalities and perpetuates cycles of discrimination, domestic violence harms not only individuals but also society as a whole. This situation leads to the normalization of violence through power relations and social norms, making it more persistent.



What is Violence Against Women?

According to Article 2/ç of Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women, gender-based violence against women refers to any act or behavior rooted in gender-based discrimination that results in or is likely to result in a violation of women's human rights, solely because they are women. This includes all forms of attitudes and actions that fall under the definition of violence as specified in this law. This violence includes all forms of gender-based discrimination that negatively affects women's health, dignity, and social status and can occur in various settings, including within families, workplaces, or public spaces.



What is Gender Inequality?

Gender inequality is a form of discrimination arising from the roles assigned to men and women in social life. This discrimination restricts women's access to rights, opportunities, and resources. It creates serious barriers to women's political, economic, social, and cultural rights. These barriers limit women from fully enjoying their human rights and fundamental freedoms. Particularly in areas such as education, income levels, access to healthcare, and employment, women face greater disadvantages compared to men.

Gender inequality is also a situation of discrimination and injustice that LGBTQ+ individuals face due to societal norms and expectations. These individuals often experience exclusion, bullying, and discrimination because of their identities, leading to significant challenges that negatively impact their quality of life. Due to the discrimination and stigma they encounter in society, they face substantial difficulties both psychologically and socially.

Gender inequality has various negative effects on women. Among these effects, the following stand out:



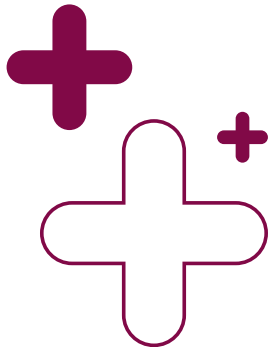
Inequality in Education

Women deprived of educational opportunities lack the knowledge and skills necessary for active participation in social and economic life. This situation prevents them from fully realizing their individual potential, thereby reinforcing traditional gender roles.



Discrimination in the Workplace

Women receive lower wages than men for equal work and face serious barriers to reaching senior management positions. Gender-based biases hinder women's career advancement, increasing the imbalance of representation in the labor market.



Limited Access to Healthcare

Women, especially in developing regions, often lack access to adequate healthcare services, leading to negative outcomes, particularly in reproductive health and overall quality of life. This inequality in healthcare can shorten women's life expectancies and adversely affect social welfare.



Risk of Violence and Harassment

Gender inequality increases the likelihood of women experiencing physical and sexual violence, while legal and social protection mechanisms may be inadequate. This situation limits women's participation in social life and leaves lasting negative effects on their mental health.



Underrepresentation in Politics

The inadequate representation of women in political decision-making processes limits their ability to advocate for social interests, thereby weakening the inclusiveness of political systems.

This exclusion also makes it more difficult to achieve gender equality and reduces women's effectiveness in the public sphere.



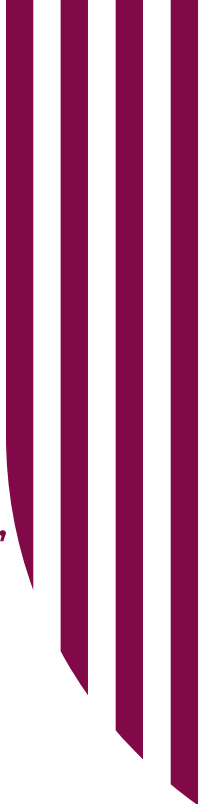
Limited Economic Independence

The low participation rates of women in the labor force and their concentration in low-wage jobs weaken their economic independence. This economic disadvantage leads to women having less influence in decision-making processes within the family and society.

What is Law?

According to the Constitution of the Republic of Türkiye and the Universal Declaration of Human Rights (UDHR), law is a system of rules and norms essential for the orderly functioning of society. Any disruptions, wrongful actions, or abuses of power within a society can be addressed through legal means. In this context, individuals may need to resort to legal channels to protect their rights at various stages of their lives. The rules provided by law not only regulate social relationships but also play a crucial role in serving justice.





In a society where everyone has equal rights, the rule of law and the provision of justice are of great importance. Therefore, confronting legal processes is an unavoidable situation for individuals to secure their rights and continue their pursuit of justice. Law not only enables individuals to defend their rights but also helps them understand their obligations, creating a balance in society. For this reason, the functioning of the law plays a critical role in ensuring social peace and allowing individuals to live in a safe environment.

“By participating in legal processes, individuals contribute not only to the protection of their own rights but also to the promotion of social justice.”

What is Justice?

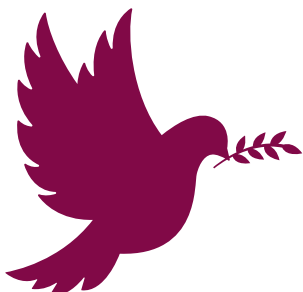
According to the Constitution of the Republic of Türkiye and the Universal Declaration of Human Rights (UDHR), justice means equality among individuals and societies, the protection of rights and freedoms, and the impartial application of legal rules. Justice is a fundamental principle to ensure that the rights of every individual are respected and that everyone is treated equally in society. In a society where justice is upheld, individuals feel freer to seek their rights and can live in safety.



What are Human Rights?

According to the Universal Declaration of Human Rights (UDHR), human rights are fundamental freedoms and rights recognized as universal and inalienable. These rights are those that every individual possesses regardless of language, religion, race, gender, sexual orientation or national origin. Human rights encompass the rights necessary for an individual to live a dignified and secure life. These include the right to life, personal security, protection against torture, freedom of thought and expression, the right to education, access to healthcare, the right to property, the right to privacy and protection of personal life, freedom of religion and conscience, and the freedom to seek justice.

Human rights require states and societies to protect the dignity, freedom, and equality of individuals. Violating these rights means infringing upon the fundamental values of humanity and is considered an unacceptable situation on an international level. The Universal Declaration of Human Rights, adopted by the United Nations in 1948, aims to protect these rights worldwide.



What are Women's Rights?

According to the Universal Declaration of Human Rights (UDHR) and Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), women's rights represent a broader and more comprehensive part of human rights, encompassing not only protection from discrimination but also an extensive framework aimed at addressing gender-based issues women face. These rights seek to ensure equality and justice for women across social, economic, political, and cultural domains. Their objective is not just to prevent discrimination but also to improve the overall quality of life for women by advancing their empowerment and participation in all spheres of life.



Additionally, rights that ensure women have equal representation in political and social spheres are also included in this framework. Women's rights aim for women to fully participate in society as individuals and to have equal rights with men in all areas of economic and social life. The protection and promotion of women's rights are related to key issues such as reducing gender-based violence, ensuring access to education for girls, and supporting women's full participation in the workforce.



What is Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women?

Law No. 6284 is a legislation enacted in Türkiye in 2012 aimed at combating violence against women, children, family members, and victims of stalking who are at risk of experiencing violence.

This law ensures the protection of victims and guarantees their rights. It provides services such as shelter, psychological support, legal assistance, and livelihood support for victims.

“

Law No. 6284 aims to enhance the safety of women and children by promoting gender equality.

”

Example of Protection from Physical Violence within the Scope of the Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women

A woman who is subjected to continuous physical violence by her husband is seriously injured by her husband. After she was injured, she wrote a petition under Law No. 6284 and requested protection. The court evaluated the woman's request and granted her a temporary protection order and issued a restraining order against her husband.

“The restraining order is a preventive protective measure provided in Law No. 6284. Individuals who have experienced or are at risk of violence can apply to the nearest family court judge, police station, or prosecutor's office to request a protection order.”

Example of Protection from Psychological Violence within the Scope of Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women

A woman who has been subjected to psychological violence by her husband for years decided to file a complaint against the constant humiliation and threats. She applied to the Family Court within the framework of Law No. 6284 and requested support and protection.

Considering the seriousness of the threats against the woman, the court provided her with protective measures and counseling services.

“If you are experiencing one or more types of violence, you can request the implementation of protective and preventive measures under Law No. 6284. For example: Providing guidance and counseling services in psychological, professional, legal, and social aspects.”

Example of Protection from Economic Violence within the scope of Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women

A woman who was experiencing difficulties due to her husband constantly controlling her economic resources and depriving her of financial support, applied for protection in order to benefit from social services under Law No. 6284. The Family Court decided to provide temporary financial support to the applicant woman, considering her needs.

Under Law No. 6284, individuals benefiting from shelters and ŞÖNİM (Women's Shelters and Support Centers) services will receive the necessary financial support to empower them economically.

Example of Protection from Sexual Violence within the Scope of Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women

A woman who experienced great trauma after being sexually abused by a relative reported her situation to the relevant authorities and requested protection within the scope of Law No. 6284. The court decided to issue a restraining order against the harasser and provide psychological support to ensure the woman's safety.

“Under Law No. 6284, you can request the implementation of protective and preventive measures. In cases where there is a life-threatening risk, temporary protection may be granted upon the request of the individual or ex officio”

Example of Protection from Stalking and Harassment within the scope of Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women

A woman, who was constantly being followed and harassed by her ex-husband, applied to the Family Court by documenting the harassment she experienced under Law No. 6284 and requested protection. The court issued a restraining order against her ex-husband to ensure the safety of the woman and her children, and decided that the necessary support services for a safe life for the woman and her children would be provided.

“Under Law No. 6284, you can request the implementation of protective and preventive measures. If necessary, the participation of women with children in the workforce may be supported through the provision of childcare facilities, limited to a duration of four months. If the individual is employed, this period is restricted to two months. The amount provided will not exceed half of the monthly net minimum wage for those over 16 years of age, and it must be documented. This support will be funded by the Ministry of Family and Social Services

Example of Protection of Children from Violence within the Scope of Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women

A woman, who was concerned about the ongoing physical violence inflicted by her husband on her children and herself, filed a request for protection through the provision of a safe accommodation for her children and herself under Law no. 6284.

The court ruled that temporary shelter and psychological support services be provided to the woman, ensuring the protection of both the woman and the children.

Under Law No. 6284, you can request the implementation of protective and preventive measures. For example:

If there is a previously issued decision regarding personal contact with the children, the personal contact may be conducted under supervision, limited, or completely revoked.

Provision of suitable accommodation for the individual and, if necessary, for the accompanying children, either at their current location or elsewhere.

What is the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (Istanbul Convention) ?

The Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (Istanbul Convention) was signed in Istanbul in 2011.

Istanbul Convention is an international treaty aimed at protecting women from all forms of violence, preventing violence against women and domestic violence, and promoting gender equality. The main objectives set forth by the Convention include:

- Protecting women from all forms of violence and taking measures to prevent, prosecute, and eliminate violence against women and domestic violence.
- Contributing to the elimination of all forms of discrimination against women and promoting gender equality through the empowerment of women.
- Designing a comprehensive framework, policies, and measures to protect victims of violence and provide support to them.
- Strengthening international cooperation to eliminate violence against women and domestic violence.
- Supporting and assisting organizations and law enforcement authorities to engage in effective cooperation to combat violence against women and domestic violence.

On March 20, 2021, Türkiye announced a presidential decision to withdraw from the convention, published in the Official Gazette. This decision has led to significant debates and social reactions across the country. The withdrawal from the convention has raised concerns that policies to combat violence against women may change.

Law No. 6284 on the Protection of the Family and the Prevention of Violence Against Women and the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (Istanbul Convention)

Law No. 6284 is a legislation that includes some of the principles and objectives outlined in the Istanbul Convention. The protection of women and children, the implementation of measures against violence, and the support of victims are the main purposes of this law. The Istanbul Convention was a crucial part of legal and social reforms in Türkiye, providing a framework to support the implementation of Law No. 6284. the withdrawal from the Convention has raised concerns that it could jeopardize the effective enforcement of Law No. 6284 and lead to shortcomings in the fight against violence against women. Therefore, the importance of the Istanbul Convention lies in its provision of a legal basis and its role in promoting gender equality.

How is Violence Detected?

What is a forensic report?

An official document prepared by a healthcare institution or expert, the forensic report documents the medical and legal aspects of an incident. It is generally prepared following an assessment of the physical and psychological condition of the victims and is used to determine the extent of violence or abuse.



Why is the forensic report important?

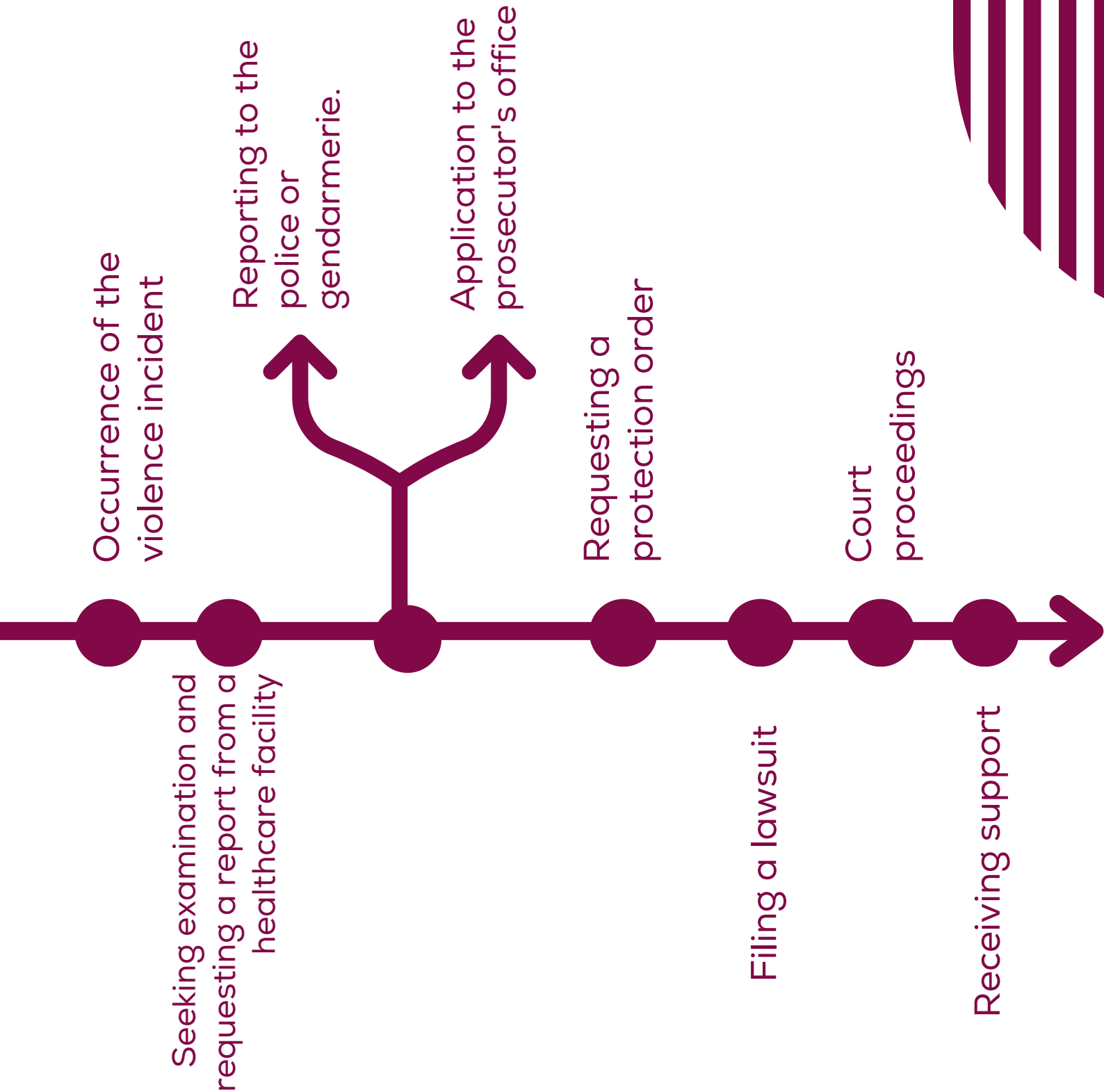
It plays a critical role in women's access to justice because this process ensures the official documentation of events, particularly in cases of violence, harassment, and abuse, and the creation of reports that serve as legal evidence.

Forensic reports that objectively document the physical or psychological violence experienced by women provide a strong foundation for victims seeking justice.

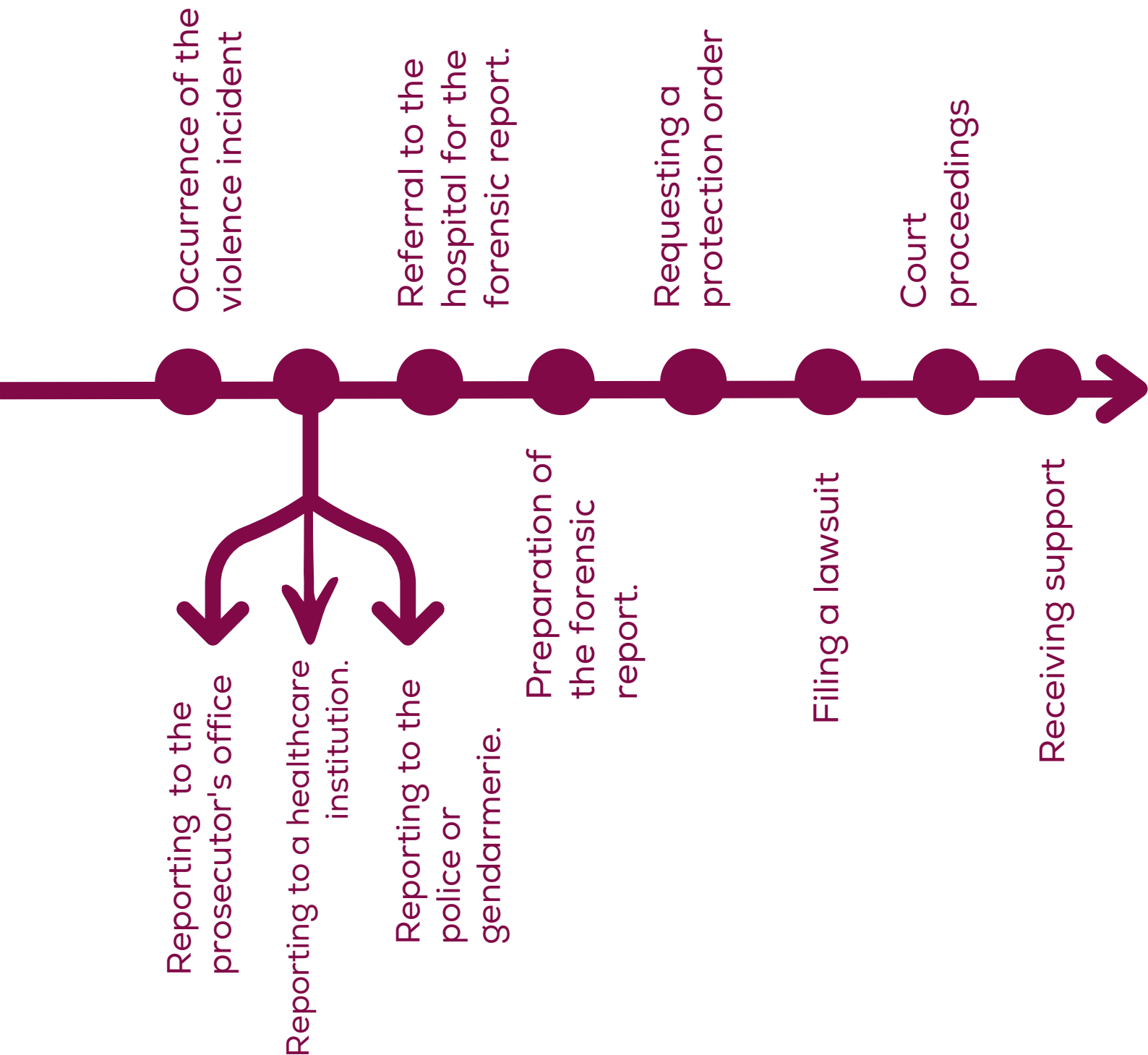
In courts and other legal proceedings, these reports are accepted as evidence and play an important role in defending the rights of the victim.



If a person is in a position to request a report in a case of violence, the process typically proceeds as follows:



If the person is not in a position to request a report in the event of violence, the process proceeds as follows:





Reporting to the police or gendarmerie



In accordance with Law No. 6284 Article 7 and the Criminal Procedure Code Article 158, a woman who has been subjected to violence can first report her situation to the nearest police station (either police or gendarmerie). In this step, it is important to provide a detailed account of the violence and give a statement. If the victim is under threat, the police or gendarmerie should immediately take her under protection and implement temporary protective measures.



Reporting to the prosecutor's office



In accordance with Criminal Procedure Code Article 158, a woman can also directly file a complaint with the Public Prosecutor's Office. After receiving the complaint, the prosecutor initiates the necessary legal processes and issues instructions for the investigation of the incident.



Referral to the hospital for the forensic report



In accordance with Criminal Procedure Code Article 76, the police, gendarmerie, or prosecutor direct the victim to a state hospital or forensic medicine institution. At this stage, it is necessary to obtain a forensic report to officially document the signs of violence and injuries. The woman is examined by a physician at the referred hospital, and the physical signs on her body (bruises, cuts, fractures, etc.) are recorded in detail.



Preparation of forensic report



In accordance with Criminal Procedure Code Article 76, the examination, the doctor prepares a forensic report documenting the violence experienced by a woman. This report specifies the severity of the injuries, the healing time, and the type of violence. The content of the report varies based on the extent of the violence and the physical harm suffered by the victim. The report is sent as an official document to the prosecutor's office or police station and can be used as evidence in legal proceedings.



Requesting a protection order



In accordance with Turkish Civil Code Article 432 and Law No. 6284 Article 3 and Article 4, the victimized woman can request a protection order under Law No. 6284 to protect herself from the perpetrator. The protection order includes measures to prevent the perpetrator from approaching or communicating with the victim. Applications for the protection order can be made to the Family Court or the prosecutor's office. The prosecutor's office quickly forwards this request to the Family Court to ensure a prompt decision.



Filing a lawsuit



In accordance with Criminal Procedure Code Article 160 and Article 161, based on the forensic report and the complaint application, the Public Prosecutor's Office initiates an investigation into the incident and may file charges against the perpetrator if necessary. During the trial process, the forensic report serves as an important piece of evidence and helps legally document the violence experienced by the woman.



Court proceedings



In accordance with Criminal Procedure Code Articles 170 and subsequent provisions, criminal sanctions against the perpetrator of violence are determined as a result of the proceedings. The court makes its decision based on the severity of the incident and forensic reports.



Receiving support

Women victims can request legal aid from bar associations to receive legal representation during this process, in accordance with the Attorneyship Law and the Legal Aid Regulation. In addition, psychological and legal support can be provided by the Ministry of Family and Social Services and civil society organisations.



These steps summarize the process for a woman who has been subjected to violence to seek justice and obtain a forensic report. This process aims to protect the victim's rights and ensure her safety.



A person who has suffered physical violence should first go to the nearest healthcare facility before approaching the legal authorities. At the hospital, a medical examination will be conducted to document the signs of violence and injuries, and a forensic report will be prepared. This forensic report is extremely important as it will contain the physical evidence of the violence experienced. Additionally, the report from the healthcare facility will ensure that evidence is recorded before it is lost. After obtaining the report, the woman should officially report her situation to the police station or prosecutor's office. In this process, the forensic report she holds will serve as an important piece of evidence in her legal struggle. Thus, the individual takes the first step in protecting her rights from a legal perspective.

“After the occurrence of violence, the protection of women's rights and the punishment of the perpetrator become significantly easier with the provision of a forensic report.”

Why Is It Important to Know Your Rights?

Knowing human rights and women's rights makes a significant difference in individuals' personal development and their effectiveness in social life. A woman who knows her rights acts more consciously against discrimination and injustices she encounters and knows how to defend herself in such situations. Awareness of education, work life, health, and social rights enables women to participate more actively in social life and helps them achieve economic independence. Women who are aware of their rights can be stronger and more determined in decision-making processes. This allows them to reach higher positions in their professional lives and have a greater say in social and political processes.





“

Legal knowledge allows women to voice their demands for equality more strongly in the workplace, within the family and in social settings.

Women who are aware of their rights can:

- Fight against injustice and discrimination more effectively.
- Seek legal assistance to assert their rights in cases of violence, harassment, or abuse.
- Defend their rights in the face of inequalities encountered in work and education.

What is Legal Literacy?



Legal literacy refers to individuals' understanding of basic legal concepts and rights. This knowledge helps citizens comprehend their rights and responsibilities and facilitates access to the justice system.

For women, legal literacy is particularly important as it raises awareness of their rights and enhances their access to justice.



Right

Rights are the powers and freedoms that an individual possesses within the framework of the law. For example, the right to property, the right to life, and the right to education.



Responsibility

Responsibilities are the obligations that individuals are required to fulfill in the face of the law. For example, the responsibility to pay taxes or the obligation to comply with contracts.



Justice

It refers to the provision of equal rights and opportunities for all individuals in society. The legal system has mechanisms in place to ensure justice.



Court

It is the authority where judicial proceedings are carried out to reach the material truth regarding a dispute between individuals or whether a crime has been committed. Women can apply to courts to defend their rights or make claims.



Prosecutor

The prosecutor is a legal officer who investigates crimes on behalf of the state, gathers evidence, and initiates the judicial process by filing public charges to ensure the punishment of the crime. If there is sufficient suspicion of a crime, the prosecutor prepares an indictment and starts the prosecution process. Acting on behalf of the public, the prosecutor plays a key role in ensuring justice.



Lawyer

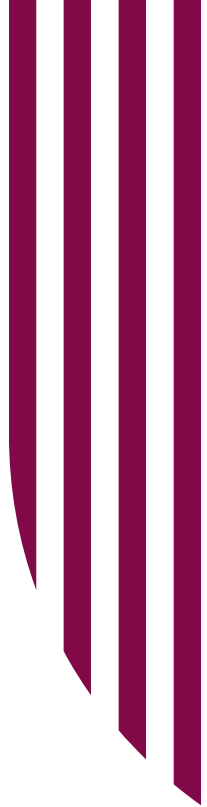
A lawyer is a person who defends the legal rights of individuals or institutions and helps them resolve their legal issues. They represent their client in legal proceedings and protect their legal rights. In both criminal and civil cases, lawyers have the duty to provide defense and inform their clients.



Judge

A judge is an independent judicial officer who hears cases in courts, evaluates evidence, and makes fair decisions. They listen to the case impartially and rule within the framework of the law. The judge is the highest authority in ensuring justice and upholding the rule of law.

How to consult a lawyer?



Concepts you need to know when meeting with lawyers

Client	It refers to the person or party who grants a power of attorney to be represented by a lawyer or agent.
Attorney	It is the person who has the authority to act on behalf of the client and represent them; typically serves as a lawyer.
Power of Attorney	It is an official document that grants authority for a person (client) to be represented by another (agent) in a specific matter.

What is legal aid?

Legal aid is the provision of free legal services by bar associations to individuals who require legal representation but cannot afford attorney fees and other litigation costs. It is a system that enables individuals with insufficient financial means to access legal services at no cost.

This service is offered to those who lack the resources to cover attorney fees, litigation expenses, and other legal costs. Through legal aid, individuals who are disadvantaged by economic barriers in their pursuit of justice can access their rights to legal protection and defense.



The primary goal of legal aid is to ensure that all segments of society have equal access to justice.

This system is particularly vital for disadvantaged groups; for example, women in vulnerable situations, children, individuals with disabilities, and immigrants can benefit from legal aid to defend their rights.

Legal aid makes it easier for individuals with financial difficulties to access justice. Legal aid supports the principles of "equal application of the law" and "freedom to seek justice," which are fundamental to the rule of law. This system is based on the idea that economic power should not hinder the pursuit of justice. Additionally, it contributes to strengthening social justice and encourages individuals to know their rights by increasing legal literacy. Therefore, legal aid plays a critical role in ensuring that the legal system is fair, accessible, and inclusive.



Writing a Petition...



A petition is an official document written to request, demand, complain, or obtain information from official or private institutions. Petitions aim to defend individuals' rights, express problems, or make official requests. Anyone can write a petition, and they are frequently used by citizens, employees, students, and individuals interacting with public institutions.

Petitions can be submitted to various government offices, local administrations, educational institutions, and private sector organizations. These documents are an important tool for individuals to protect their rights in legal processes and to seek assistance from official authorities.

When writing a petition, there are some important points to pay attention to.

- Your petition should be written on clean, unlined paper.
- Appropriate margins should be left on the top, bottom, right, and left sides. This increases the readability of the petition and provides a formal appearance.
- You can use a blue ballpoint or fountain pen. Alternatively, you can type your petition on a computer and print it out.
- In the bottom right corner, write the date in the order of day, month, and year. Below the date, write your name and surname, and then sign it.
- In the bottom left corner, you should write your address, including your contact information.

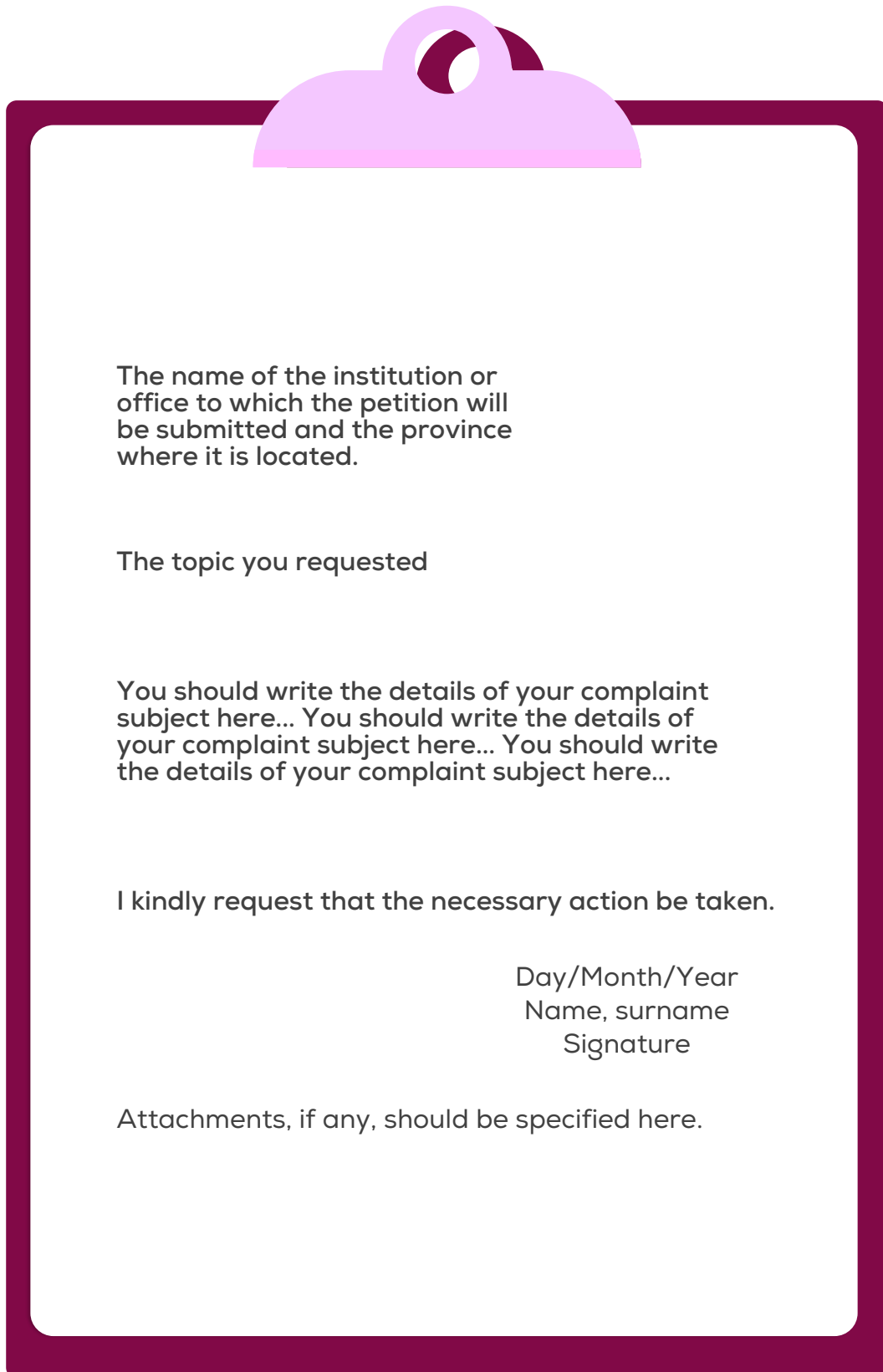
- Before starting to write your petition, you should write the name of the institution or authority to which the petition will be submitted at the top of the paper, centered, along with the city it is located in.
- In the content of your petition, you should briefly state the subject of your request. For example, you could use a title such as "Domestic Violence Complaint" or "Workplace Complaint." Clearly and concisely explain the subject of your request, complaint, or appeal without going into too much detail.
- For instance, you could start with, "I am writing this petition to address the issues I have been experiencing at my workplace for the past two months."

“ It is mandatory to write your name, surname and address in the petition.

If these are missing from your petition, your petition will not be processed.

- When writing a petition, you should clearly and concisely outline the details of the subject matter being requested. In this section, you may specify the reasons for your request and the expected outcomes.
- It is important to use a formal and respectful tone when drafting a petition. A formal style underscores the seriousness of your request.
- You may conclude your petition with the phrase, "I respectfully submit for your consideration."
- If you are submitting additional documents along with the petition, you can list them under the "Attachments" heading at the bottom left corner. For example: "Attachment: Student Certificate" or "Attachment: Complaint Petition."
- After completing your petition, you should write your full name in the lower right corner.

Sample Petition



The name of the institution or office to which the petition will be submitted and the province where it is located.

The topic you requested

You should write the details of your complaint subject here... You should write the details of your complaint subject here... You should write the details of your complaint subject here...

I kindly request that the necessary action be taken.

Day/Month/Year
Name, surname
Signature

Attachments, if any, should be specified here.

Women Take a Breath of Relief!



Unfamiliarity with complex legal processes and procedures can lead to negative emotional states for individuals pursuing their rights. It is essential for individuals to maintain their well-being during the complex and challenging times of life.

Breathing therapy methods that can be applied individually serve as an effective tool for supporting overall well-being. Breathing exercises, which can be easily performed in any environment, provide a beneficial means to manage the anxiety and stress experienced throughout the day. These practices facilitate mental and physical relaxation, helping individuals find their inner peace.

The use of breathing therapy by individuals pursuing their rights within the complex legal framework helps reduce stress and anxiety, leading to mental relaxation. This approach enhances individuals' emotional resilience, enabling them to cope more effectively with challenging situations. Furthermore, through breathing therapy, individuals can improve their clarity of thought and decision-making abilities.

What is Breath Therapy?



Breath therapy, or therapeutic breathing exercises, are used for a range of benefits including reducing stress and depression, improving sleep quality, regulating digestion, and supporting overall body functions. These exercises positively affect the central nervous system, helping the body achieve a balanced and calm state during stressful or angry situations. Breath therapy, promotes deep, rhythmic breathing, activating the parasympathetic nervous system, which induces relaxation.

Breath therapy can be easily practiced anytime and anywhere.



Breath therapy is a technique used to enhance quality of life and improve mental health. Here are the summarized steps of this process:

1. **Providing Oxygen:** Breathing supplies oxygen to the body, supporting development and energy production.
2. **Coping with Stress:** Breathing is affected under stress, and in this situation, breath therapy reduces stress and brings balance to the body.
3. **Managing the Nervous System:** Learning to breathe correctly allows for management of the nervous system and promotes calmness.
4. **Personal Transformation:** As a technique with thousands of years of history, breath therapy provides personal transformation that supports physical, emotional, and spiritual development.

Each breathing exercise positively impacts a person's mental and physical health, shaping their life.

One of the most common breath therapy models used to distance oneself from stress and anxiety is the 4-7-8 breathing technique. This technique is designed to quickly relax the body and balance the nervous system. Here are the steps:

How to Do It?

1. Inhale: Take a deep breath in through your nose for 4 seconds.
2. Hold the Breath: Hold your breath for 7 seconds.
3. Exhale: Slowly exhale through your mouth for 8 seconds.

How Many Repetitions Should Be Done?

- It can be repeated 4-5 times. When you first start, doing 4 repetitions is sufficient, but over time, you can increase to 8-10 repetitions.

When to Do It During the Day?

- This breathing exercise can be performed at any time of the day. However, practising it in the morning upon waking or at night before going to bed enhances its calming effects on the mind and body.
- It is particularly effective when applied during stressful moments or when you feel your anxiety levels rising.

This simple technique is very effective for reducing anxiety, facilitating the transition to sleep, and generally feeling more at peace.



Another effective breath therapy model is the Box Breathing technique. This method is especially used for reducing stress and anxiety and enhancing mental focus. Box Breathing provides calmness by following a simple breathing pattern.



How to Do It?

1. Inhale: Take a deep breath in through your nose for 4 seconds.
2. Hold the Breath: Hold your breath for 4 seconds.
3. Exhale: Exhale through your mouth for 4 seconds.
4. Pause After Exhalation: After exhaling, wait without breathing for 4 seconds.

It gets its name "Box Breathing" because you apply these steps in four stages, resembling a "box."

How Many Repetitions Should Be Done?

- You can start with 4-5 repetitions, and the number can be increased for greater relaxation.

When to Do It During the Day?

- It can be practised at any time, but you can use it during moments of anxiety, in situations of increased work stress, or before a busy day to help with focus.

This technique is excellent for quickly calming the mind and achieving balance.

Co-funded
by the European Union



COUNCIL OF EUROPE



Co-funded and implemented
by the Council of Europe



This booklet was produced with the financial support of the European Union and the Council of Europe. Its contents are the sole responsibility of the author(s). Views express herein can in no way be taken to reflect the official opinion of the European Union or the Council of Europe. This booklet was solely produced by iMDAT under the grants delivered by the Action on "Fostering Women's Access to Justice in Türkiye" within the scope of the European Union – Council of Europe Joint Programme Horizontal Facility for Western Balkans and Türkiye.