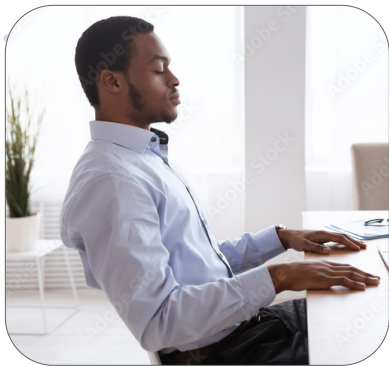
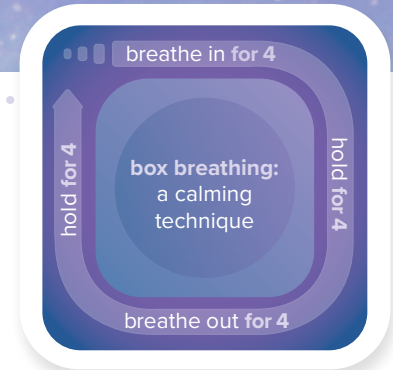


Breath Awareness – take a pause to benefit the mind and body.

Take a Breathing Break

Box Breathing is a simple 4-step technique: Breathe in for 4, hold for 4, breathe out for 4, hold for 4. Pause several times a day to do this, repeating for three cycles. *Visit us at one of our next events to pick up your own Box Breathing sticker.*



Alternate Nostril Breathing

- Brings about calm, energizes and unites the left and right sides of brain
- Hold the right thumb over right nostril
Inhale deeply through left nostril
- At the peak of inhalation, close the left nostril with the ring finger, then exhale through the right nostril
- Continue the pattern, switching between the two fingers, closing off the right then the left
- Can also do one or the other, breathe through right for energy, left for calming
- Best to use to increase energy and focus

Quick Calm

- Take a slow deep breath
- Hold for the count of 4 and think “I am warm”
- Exhale while thinking “I am calm”
- Best to use before or after a presentation, difficult meeting, taking a test, or to bring anxiety down quickly



4-7-8 Technique

- Place the tip of your tongue so that it’s touching the roof of your mouth
- Close your mouth and inhale through your nose for 4 counts
- Once you’ve reached the peak of inhalation, hold your breath for 7 counts
- Exhale completely for 8 count down quickly