

Deep Breathing

Breathe • Ground • Protect • Connect

Stress Relief Techniques for Well-Being

BREATHE

Three-Part Breath

- 👉 Breathe in through your nose for about **3 seconds**.
- 🫁 Take a second inhale, filling your lungs completely.
- ⌚ Slowly exhale through your mouth for about **8 seconds**. (*Your exhale should be about twice as long as your two inhales combined.*)

Diaphragmatic Breathing

- 🤲 Interlace your fingers behind your head.
- 🧘 Take a slow, deep breath.
- ⌚ Exhale quietly, or try a strong "ha!"
- ⌚ Practice throughout your day whenever you need to reset.

Belly Breathing

- 🤲 Place one hand on your chest and the other on your belly.
- 🧘 Allow your belly to expand first, then your chest.
- ⌚ Inhale for **4–5 counts**.
- ⏸ Hold for **2 counts**.
- ⌚ Exhale for **5–6 counts**.
- 🔄 Repeat several times.

☐ Box Breathing (4-4-4-4)

- ⬆ Inhale for **4 counts**.
- ⏸ Hold for **4 counts**.
- ⬇ Exhale for **4 counts**.
- ⏸ Hold for **4 counts**.
- 🔄 Repeat for several cycles.

GROUND

Ground Through Sitting

- 🧘 Sit with both feet flat on the floor.
- 🤲 Rest your hands on your legs.
- 🧵 Imagine a string gently lifting the top of your head, lengthening your spine.
- 🌍 Focus on the connection between your feet and the ground while breathing naturally.

Guided Imagery

-  Picture a peaceful place in nature beach, forest, mountains, or a beautiful sky.
-  Imagine yourself there while breathing slowly and comfortably.

Body Scan & Relaxation

-  Notice areas of tension from your head to your toes.
-  Drop your shoulders.
-  Relax your jaw and let your tongue rest naturally.
-  Stretch or massage tense muscles.
-  Soften the muscles in your face.
-  Finish by giving yourself a hug.

PROTECT

-  Give yourself permission to step away from negative or distressing images.
-  Repeated exposure to upsetting news and media can activate your body's **fight, flight, or freeze** response.
-  Give yourself permission to say "**No, thank you.**"
-  Rest and recharge without guilt.
-  Before explaining your decision, ask yourself if an explanation is truly necessary.

CONNECT

-  Go for a walk.
-  Visit a favorite place—a coffee shop, boba shop, bookstore, or park.
-  Ask yourself, "**What do I want for myself?**"
-  Journal:
 -  Practice gratitude.
 -  List what went well this week.
 -  Write yourself a compassionate letter.
 -  Complete a N.E.S.T. reflection.

N.E.S.T.

-  **Nutrition** – Food feeds your mind and body!
-  **Exercise** – Find something that you can do easily in a time that works for you. Take regular breaks from sitting.
-  **Sleep** – Allow yourself to rest with no outside interference of electronics or light
-  **Time** – Get ahead on your schedule and focus on day-to-day goals

 **YOU MATTER.** Small, intentional steps can make a big difference. Be kind to yourself. Give yourself grace. Progress doesn't have to be perfect. You've got this.