



Simple Breathing Exercise

to

Alleviate Stress

When a person is anxious or nervous, blood vessels tend to constrict or shrink in size, thereby reducing the blood flow to the brain as well as the rest of the body. When a person is relaxed, blood vessels dilate, allowing more blood and oxygen to flow to the brain. More oxygen = better relaxation.

This Breathing Exercise is a pattern interrupt that redirects the anxiety and stress by diverting the attention to the breathing. This technique can be used anytime you need to relax. This is how it works

More Oxygen = Better Brain Function = Relaxation

It's As Easy As ...1...2...3...

1. Take a soft, slow deep breath in.... Hold it for 4 seconds....(pause)
2. And blow the air out slowly to the count of 10...
 - a. Let your shoulders drop...
 - b. Allow your jaw to relax and feel your body relax ...
 - c. feel the stress evaporate from your mind and your body as you exhale
3. Repeat Once More & Then Breathe Normally

- Place Post-it notes at various locations to remind yourself to do this exercise and whenever you see a Post-it, it's a reminder to use your breathing exercise.

- Remember that the more you work with your breathing exercise, the more it works for you. Use this technique whenever you feel anxiety, stress.