

STRESS MANAGEMENT TOOLS

Slow, Deep Breathing Practice:

- Step 1: Either lying down or sitting quietly, place your hands on your stomach.
- Step 2: Take a deep breath in through your nose; your stomach should expand (rise). Count to ten while breathing in.
- Step 3: Pause.
- Step 4: Exhale nosily through your mouth.
- Step 5: Exhalation should be half as long as inhalation. Count to five while exhaling.
- Step 6: Each time you exhale try to release tension and stress.
- Step 7: You may wish to think about breathing in energy, hope and peace and breathing out what is old, tired and negative.
- Step 8: Deep breathing can be practiced throughout your day – at a stop light, when on the phone and you are placed “on hold,” waiting in line, or when you get into bed at night.