

Deep Breathing

**Let your breath focus your mind
and ease your stress**



Deep breathing techniques are valuable tools for anyone seeking a simple, effective way to manage stress and relax their body and mind. This eight-week package is designed to support the health-related goals of your organization, community, or workplace by introducing several deep breathing practices that your audience can incorporate into their weekly routine.

Learning and practicing controlled breathing is part of a larger Healthy Monday curriculum to lower stress, which also includes mindfulness, physical activity, and shifting to the positive. Incorporating healthy habits at the beginning of the week is an opportunity for a fresh start.

Why this Behavior is Important

Unchecked stress can have an effect on an individual's body, mood, and behavior. The physical effects of stress can be serious, ranging from feeling agitated and overwhelmed to experiencing insomnia and a compromised immune system. Stress can also exacerbate existing conditions, making them worse or slowing the time to heal.

Controlled breathing is an action to manage stress, and develop resilience to stress in the future. One study showed that it can improve sustained attention, affect emotion, and lower cortisol levels.

What is Included in this Package

The following package includes eight visual assets and related links to content featuring a specific actionable practice designed to help

your audience familiarize themselves with the variety of ways deep breathing can help promote mental and physical wellness.

How to Use the Contents of this Package

Use this package to promote a DeStress Monday program in your organization, community, or workplace. The assets are intended to be shared through a variety of different communication channels: cut and paste the graphic and URL to use in digital messaging such as email, company website or social media channels or print out images for signage and bulletin boards and include URL for users to access additional information. We recommend using Monday as the day to send out these weekly cues because research shows individuals are more likely to adopt healthy habits towards the beginning of the week.

Week 1

BREATHE WITH THE SHAPE



#DeStressMonday DeStressMonday.org **DE-STRESS MONDAY**

Week 2

**BELLY BREATHING:
IT'S GOOD FOR YOUR BRAIN.**

This Monday, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.

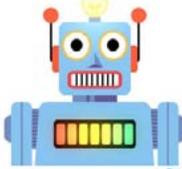


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Week 3

**PUMP YOURSELF UP WITH SOME
DEEP BREATHING**

Deep breathing can boost your energy and enhance your focus.



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Week 4

BREATHE WITH THE HEART



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Week 5

BREATHE EASY, STRESS LESS

This Monday, try mindful breathing. Focus your attention on your breath to settle your mind and restore calm.



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Week 6



INHALE

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Week 7

**NOT GETTING ENOUGH SLEEP?
TRY DEEP BREATHING AND COUNTING SHEEP.**



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Week 8



BREATHE IN LIGHT

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