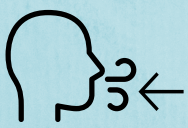
Deep Breathing

During periods of stress or worry, the body triggers a set of symptoms called "stress response." Breathing becomes shallow and rapid, heart rate increases, and muscles become tense.

The opposition to the stress response is the "relaxation response." Breathing becomes deeper and slower, and symptoms of stress fade away. Deep breathing encourages this response.

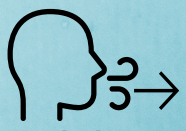
Sit back or lie down in a comfortable position. Close your eyes, if you would like to do so. When you're learning, try placing a hand on your stomach. If you breath deeply enough, you should notice it rising and falling with each inhalation and exhalation.

1. Inhale. Breathe in slowly through your nose for 4 seconds
2. Pause. Hold the air in your lungs for 4 seconds.
3. Exhale. Breath out slowly through your mouth for 6 seconds.
4. Repeat. Practice for at least 2 minutes, but preferably 5 to 10 minutes.



Inhale
4 secounds

Hold
4 secounds



Exhale
6 secounds

MHCB Wellness Team

Lethbridge School Division

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