

B BREATHE
R REMAIN
A ARTICULATE
V VISUALIZE
E EXERCISE

YOU ARE NOT ALONE: BE BRAVE

BREATHE

In times of high stress and high anxiety our bodies need to bring Oxygen in and let Carbon Dioxide out.

When we face challenging situations, our breathing becomes more abbreviated and shallow. Deep breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness.

Breathing techniques help you feel connected to your body — it brings your awareness away from your worries in your head and quiets your mind.



LET US BECOME ACQUAINTED WITH THE SQUARE BREATHING TECHNIQUE:

HOW TO DO SQUARE BREATHING:



- 1 Begin by slowly exhaling all the air in your lungs out
- 2 Then, gently inhale through your nose to a slow count of 4
- 3 Hold at the top of the breath for a count of 4
- 4 Then gently exhale through your mouth for a count of 4
- 5 At the bottom of the breath, pause and hold for a count of 4

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