

STRESS MANAGEMENT

Relax
/re-laks/

1. Become less stressed or anxious by doing less or doing something enjoyable. 2. Make less tense eg. muscles

W.E.L.L. MINUTES

Quick antidotes for countering stress

Stress can be managed and reduced with proper breathing



Fuels The Brain

Shallow breathing is a typical stress response. It brings less oxygen into our bodies which means that our brains – which use 25% of the oxygen we take in – are getting less oxygen, causing us to have difficulty concentrating and focusing.



Slows Heart Rate

Shallow breathing also signals the body to create more red blood cells in our bloodstreams which makes our hearts have to work harder and beat faster, prolonging stress and anxiety.

Belly breathing techniques soothe the nervous system and encourage health benefits, such as reduced heart rate, lowered blood pressure and clear thinking.

STRESS TAMERS

These one-minute breathing drills can assist you with calming down and sharpening your focus when you're feeling frazzled or restless.

BREATH COUNTDOWN

- Stand tall in neutral spine. Close your eyes, or soften your gaze (look at white space - floor or wall).
- Inhale (4 seconds) say "10" to yourself. Exhale slowly (6 seconds). On your next breath, say "nine," and so on until you reach zero.
- If you feel lightheaded, count down more slowly to space your breaths further apart.

CLARITY BREATHING

- Inhale to the count of two - exhale to the count of two
- Inhale to the count of two - exhale to the count of three
- Inhale to the count of two - exhale to the count of four
- Inhale to the count of two - exhale to the count of five
- Repeat three times, then return to your normal breathing.



Your improved breathing will help regulate the oxygen flow in your blood, making you more alert. With a sharper focus, you can stay safely on task and make fewer mistakes, saving you time in the long run, while keeping your brain healthy.