



CLASS 4 | DE-STRESS YOURSELF WORKSHEET

Breathe Deep

DIRECTIONS: *Sometimes even the simplest change in our physiology can help us de-stress. When we are stressed out, we tend to hold our breath, or breath in a shallow manner. Deep breathing can help us counter the “stress response” by changing our experience at the moment, helping us to feel more calm and focused. Practice these simple steps to learn how to “breathe deep” as a class or on your own. You will then be ready to use deep breathing as a remedy the next time you feel stressed.*

1. Find a comfortable place to sit, with your arms supported and your legs resting on the floor.
2. Close your eyes.
3. Next, focus your attention on your breathing. Become aware of the rate and rhythm of your breath.
4. Begin inhaling slowly and deeply through your nostrils.
5. Focus on breathing into your chest and belly as if you are trying to fill a balloon.
6. Purse your lips and begin to exhale slowly through them, controlling the rate and rhythm of your breath.
7. Continue to focus and concentrate on your breath for several minutes.
8. As you begin to feel a sense of calm and focus, continue to breathe deeply for at least 10 more breaths, or as long as time allows.
9. As you prepare to complete the exercise, take a moment to notice the difference in how you feel, and the sense of peacefulness that results from deep breathing.