



TBH “DE-STRESS YOURSELF” HANDOUT

TBH TAKE A BREATH PRACTICE

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 focused and calmer.

DIRECTIONS: Practice these simple steps to continue this in-class deep breathing technique on your own.

1. Get comfortable in their seats. Put both feet flat on the floor and let your hands rest in your lap or on the tops of your thighs.
2. Close your eyes and keep them gently closed.
3. Next, focus your attention on your breathing. Notice the rate and rhythm of your breath.
4. Begin inhaling slowly and deeply through your nostrils, breathing gently into your chest and belly.
5. Now exhale through your lips, slowing the rate and rhythm of your breath.
6. Bring your focus to the inhale and exhale of your breath, letting your attention ride the wave of your breath, gently and slowly inhaling and exhaling, relaxing on the wave of your breath.
7. Continue to breathe deeply for at least 10 more breaths, or as long as time allows. Consider the following thoughts:
 - I feel calm.
 - I feel relaxed.
 - I feel peaceful.
 - I feel connected.
8. And now take this next breath just for yourself.
9. Now slowly bring your awareness back to the room. Gently open your eyes, become more alert of the room and of each other.
10. Pause. Allow yourself to feel grateful for the chance to take a moment for yourself and for the chance to take care of yourself.