

# TAKE TIME TO BREATHE

Inhale and count 1, 2, 3, 4 | Exhale and count 1, 2, 3, 4 | Repeat 5 times

## BREATHING EXERCISES

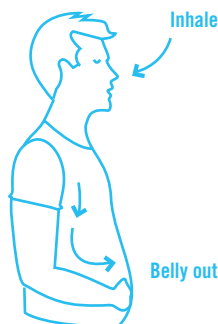
### 4-COUNT BELLY BREATH

Sit down somewhere comfortable and close your eyes:

- Roll your shoulders back and open your chest.
- Bring your ears above your shoulders.
- Lengthen your neck.
- Place one hand on your belly and one on your chest.
- Feel the belly rise on the inhale and fall with the exhale.
- Inhale and count 1, 2, 3, 4.
- Exhale and count 1, 2, 3, 4.
- Repeat at least 5 times.

You can also follow along with the breathe video:

<http://sfhss.org/well-being/take-minute-breathe>



#### Step 1: Inhale fully

Place your hands on your belly. Breathe in slowly through your nose to fill your lungs. Feel your abdomen expand like a balloon.



#### Step 2: Exhale fully

As you blow out, slowly release the air through your nose. Draw your belly button back toward your spine. Deflate the imaginary balloon.

### COUNT YOUR BREATHS

Try counting each exhale. Counting can help in two ways:

First, it occupies your mind, so stressful thoughts have less space. Second, you can learn how many deep breaths it takes to make you feel relaxed or calm (you might be surprised at how few it takes!).

### STAND AND BREATHE DEEPLY

Try your belly breath while standing:

Place your feet shoulder width apart.

Soften your knees. Roll your shoulders back and open your chest.

Bring your ears above your shoulders. Lengthen your neck.

Begin your 4-Count Belly Breath.

Consider starting your stretching practice with a standing breath.

### REPEAT A PHRASE WHILE YOU BREATHE

Find a quote or create a phrase for key moments, such as:

- When you need to calm down.
- When you need to focus.
- When you need to be reminded of what is important.
- When you take a minute to breathe, inhale completely through your nose. As you exhale state your quote/phrase.
- Depending on where you are, you may say your quote out loud or just to yourself.

### LET GO OF EXPECTATION

Sit down and close your eyes:

- Inhale – give yourself permission to try something new.
- Exhale – let go of any expectations for how you will feel.
- Inhale – listen to your body.
- Exhale – let go of any judgements.
- Inhale – ask yourself to open your mind.
- Exhale – let go of expectations.
- Repeat.

### POST A REMINDER

Print the Take a Minute to Breathe handout and post it somewhere to remind you to breathe each day:

<http://sfhss.org/resource/rechargebreathe>

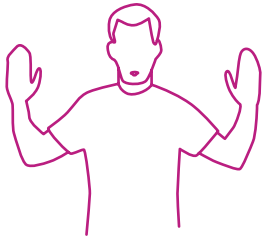
**IT ONLY TAKES A MINUTE  
TO FEEL A DRAMATIC DIFFERENCE.**

**TAKE TIME DURING YOUR  
DAY TO BREATHE.**



# TAKE TIME TO STRETCH

Hold each stretch 20-30 seconds | Remember to breathe | Repeat up to 3 times daily



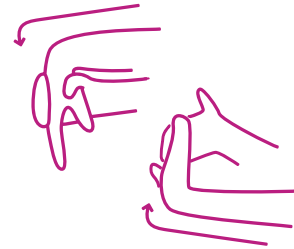
## 1. CHEST OPENER

Lift your arms into a Y position palms facing the front. Lower the arms and bend both elbows into a W position. Keep your arms in this position and push your shoulders back.



## 2. NECK

Drop your ear to your shoulder and hold. Repeat on the other side.



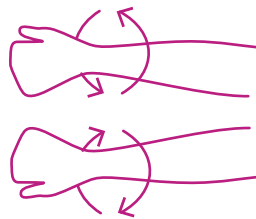
## 3. WRIST AND FINGER

Extend your arm out and bend your wrist, with palm and fingers pointing down. Use your other hand to put pressure on the back of your hand until you feel a stretch. Then flip your hand up so your fingers are pointing up and repeat the same exercise. Repeat on the other hand.



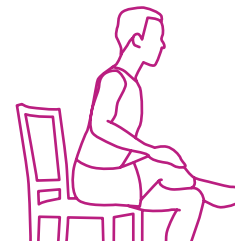
## 4. SHOULDER ROLL

Sit up straight so your ears and shoulders are aligned. Slowly roll your shoulders backwards in a circular motion. Focus on opening the chest.



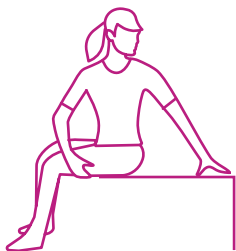
## 5. FIGURE 8 WRIST STRETCH

Extend your arm and clutch your hand in a fist. Slowly move your wrist in circular motion drawing a figure 8. Repeat on the other side.



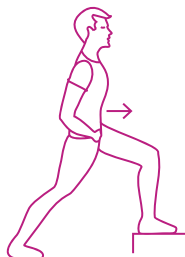
## 6. HIP OPENER

While sitting upright with hips and knees at a 90-degree angle, cross one leg over the other. Lean forward while keeping your back straight and hold. Repeat on the other side.



## 7. SEATED TWIST

Place your left hand on your seat behind you and your right hand on the outside of your left thigh. Gently turn your shoulders and head to your left until you feel a stretch. Repeat on the other side.



## 8. HIP FLEXOR

Take a step forward in a lunge position. While keeping your back straight, push your hips forward until you feel the stretch in the front of your hip. Repeat on the other side.

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