How can breathing exercises help with stress:
Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax.

Healthy Ways to Cope with Stress:
Exercise on a regular basis.
Communicate your thoughts to people you feel comfortable sharing with.
Know your limitations and take a break.

4-7-8 Breathing
Lay or sit with one hand on your chest and another on your belly.
Take a deep slow breath from your belly, counting to 4 as you breath in.
Hold your breath while mentally counting 1 to 7.
Release your breath completely and slowly, while silently counting from 1 to 8.
Repeat 3 to 7 times or until you feel calm.

Stress Awareness Month

The state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.