



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

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.



Public Health
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Stress Management Society
from distress to de-stress



NOTZE