

Stress-Buster Tips



15-Second Breathing Exercise

- Go to a quiet place, where you can close your eyes and be comfortable.
 - Set your phone timer to one minute.
 - Close your eyes, then breathe calmly and slowly, counting each breath cycle.
 - Breathe in deeply through the nose, and out slowly through the mouth.
 - There's no right or wrong to this exercise! Don't judge yourself or worry about the number of breaths, just count them.
 - When the timer goes, make note of the number of breaths you took during that one minute.
- Now, set the timer again
 - This time, see if you can breathe even more deeply and slowly.
 - Keep practicing for another minute or two – or however long you want (even one minute helps!).
 - Each time, note the number of breaths you took in one minute,
 - Check in with your body and mind to observe how you feel, after the timer goes
- If you are taking 4-6 breaths in one minute, then you are doing great!
 - You really know how to calm yourself by focusing on your breath – congratulations!
 - Practice this little exercise regularly, especially whenever you feel stressed.
- If you are taking more than 6 breaths in one minute, don't worry! Most people do. It takes time and practice to slow your breathing when you aren't used to it.
 - There's no need to "get it right" and achieve the "15 second breath" right away
 - Don't be upset with yourself for taking "too many breaths".
 - Just focusing on your breath, and breathing deeply, is always helpful for stress management. With time and practice you'll get better at this!
- Get in the habit of using this simple breathing exercise regularly, especially when you start to feel stressed or anxious.
 - Use this as a 2-minute break after completing a task; or while sitting on the bus or subway – anytime that you can find a moment.
 - Once you've mastered the technique, you won't even need a timer. You'll be able to do this anytime, anywhere, to feel calm and refreshed.