

## STRESS STOPPER BREATHWORK

3 steps that quickly shut down your body's **Fight-or-Flight** reaction and activate your **Relaxation Response**.



### STEP 1 - TOUCH THE TENSION

Gently place your hands on the area that is tense, usually the chest, stomach, or head. Touch calms the tense cells in your body.



### STEP 2 - BREATHE DEEP AND SLOW

Breathe 5-seconds in and 5-seconds out. This delivers the right amount of airflow that slows down your heart rate and helps your body relax.



### STEP 3 - ONCE PER BREATH SILENTLY SAY, "I'M OKAY"

Slowly repeat, "I'm okay". It's the opposite thought that fuels your stress, "I must run or fight to stay alive". Repeat "I'm okay" until the tension goes away.

### PRACTICE Stress Stopper Breathwork

- Every time you feel stressed
- When you first wake up in the morning
- When you go to sleep at night

### Having Trouble Falling Asleep?

- Write down your worries
- Write out one simple thing you can do to address each worry
- Look at your simple solutions, turnoff the light, lay down, & close your eyes
- Touch your heart & belly button, practice Stress Stopper Breathwork