

Stress Management Technique:

JUST BREATHE

Diaphragmatic breathing (which comes from the body's dominant breathing muscle – the diaphragm) is a great way to reduce stress.

1

Get in a comfortable position. Close your eyes and **bring your attention to your body and breath**.

2

Inhale deeply through your nose, allowing your abdomen to fill with air, gently expanding out. **Exhale by relaxing** and releasing all of the air through your nose.

3

Place one hand on your abdomen, right below your navel, and the other hand on your upper chest. **Take a deep breath** in through your nose and out through your nose.

4

As you breathe in and out through your nose, **focus on shifting your breath** so that you can feel the rise and fall of your breathing in your abdomen more than in your chest. Take a deep breath in through your nose, sending it through the back of your throat and down to your belly. Let your abdomen slowly deflate as you exhale through your nose.

5

Take three more slow, deep breaths with conscious focus on the rise and fall of your abdomen. Continue to breathe fully and deeply, allowing and trusting the body as the breath slows and becomes more relaxed.



Through the *Be Well SHBP* well-being program, you have many resources available that can help you manage your stress while rewarding you with well-being incentive points.

- Schedule a coaching call by calling **888-616-6411**. Our well-being coaches can help you learn how to manage stress. Earn 60 well-being incentive points for each completed coaching call per month.
- Complete your **RealAge® Test** to better understand how stress may be affecting your health and set goals to help you stay on track. **Earn 120 well-being incentive points upon completion.**

Be sure to check out some great content available to you through your [BeWellSHBP.com](https://www.BeWellSHBP.com) account!



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