

Diaphragmatic Breathing

- Sit tall in your chair with one hand on your chest and one hand on your belly.
- Close your eyes.
- Breathe in through your nose and into your belly. Notice how it rises with your inhalation. Your chest should remain still.
- Engage your stomach muscles, drawing them into your spine as you exhale through pursed lips. Notice how your belly falls. Your chest should remain still.
- Practice this sequence for a few minutes, keeping your attention on your inhalations and exhalations.

Note: Take your time and work within a comfortable zone. Don't force any breath in or out. Breathe gently, without strain.

Source: The Cleveland Clinic. Diaphragmatic Breathing. Updated 9/14/18. <https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>. Accessed 8/25/21. This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2021 Optum, Inc. All rights reserved. 351986



Pursed Lip Breathing

- Sit tall in your chair. Relax your shoulders and come to a place of stillness.
- Inhale slowly through your nose while counting to two. Keep your mouth closed.
- Purse your lips like you want to whistle and exhale while counting to four.
- Practice this sequence for a few minutes keeping your attention on your inhalations, exhalations and any sensations that arise in your body.

Note: Take your time and work within a comfortable zone. Don't force any breath in or out. Breathe gently, without strain.

Source: The Cleveland Clinic. Pursed Lip Breathing. Updated 9/14/18. <https://my.clevelandclinic.org/health/articles/9443-pursed-lip-breathing>. Accessed 8/25/21. This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2021 Optum, Inc. All rights reserved. 351986



Starfish Breathing

- Sit tall in your chair and begin to relax.
- Place the back of your hand on your thigh so your palm faces up and your fingers are spread out. This will be your “starfish.”
- Using the pointer finger from your other hand, start at your thumb and trace it all the way to the top, inhaling as you do. Do this slowly, allowing your movement to match your breath.
- Next, exhale as you trace down the inside of your thumb. Again, do this slowly, allowing your movement to match your breath.
- Move up and down each finger following this same rhythm. Focus on your belly moving with your breath and your finger tracing up and down.
- Continue this pattern a few more times to cultivate calmness.

Source: Understood.org. Self-care for Kids: 6 Ways to Self-Regulate. https://www.understood.org/articles/en/self-care-for-kids-6-ways-to-self-regulate#1_WATCH:_Use_starfish_breathing. Accessed 8/26/21. This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2021 Optum, Inc. All rights reserved. 351986



Smile Breathing

- Sit tall in your chair and begin to settle in to relax. Close your eyes. Breathe comfortably. Notice any sensations that arise without judgment.
- Inhale slowly through your nose; hold for a moment.
- Exhale slowly through your nose.
- On the next inhale, think of something that makes you happy and put a smile on your face.
- Drink in that feeling.
- Exhale slowly through your mouth with pursed lips like you're blowing out a candle.
- Repeat this sequence a few more times until you begin to feel a shift in your mood.

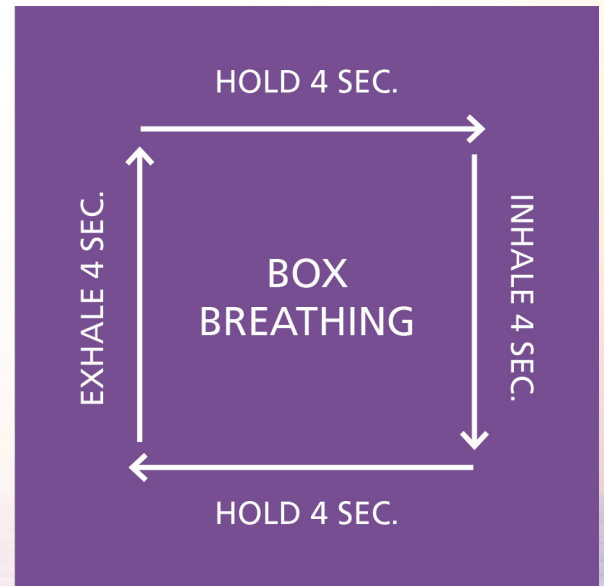
Source: Teen Health. Relaxation Exercises: Breathing Basics. <https://kidshealth.org/en/teens/relax-breathing.html?ref=search>. Accessed 8/26/21. This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2021 Optum, Inc. All rights reserved. 351986



Box Breathing

- Sit tall in your chair and close your eyes.
- Breathe in through your nose as you slowly count to four.
- Hold your breath for four seconds.
- Exhale through your nose as you slowly count to four.
- Hold your breath again for four seconds.
- Practice this sequence for a few minutes, keeping your attention on your inhalations, exhalations and any sensations that arise in your body.

Note: Take your time and work within a comfortable zone. Don't force any breath in or out. Breathe gently, without strain.



Source: The Cleveland Clinic. How Box Breathing Can Help You Destress. Updated 8/17/21.
<https://health.clevelandclinic.org/box-breathing-benefits/>. Accessed 8/25/21.

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