



1-minute *Take a breather*®

Count your breath

- **Inhale** 1-2-3
- **Pause**
- **Exhale** longer 1-2-3-4-5

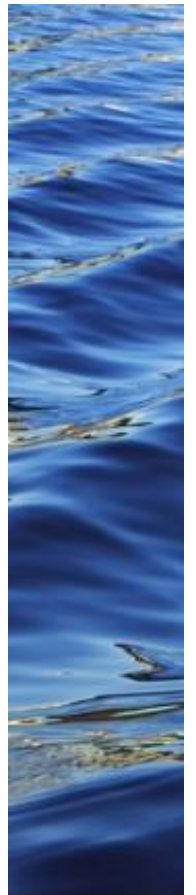
Aware of this moment

Let it be, let it go

Move mindfully

How does “Counting your breath” help manage stress?

- **Counting your breath** helps you deepen and slow down your breathing. When you practice deep breathing, it sends a calming signal to your brain. In turn, your brain sends signals to your body to relax and reduce normal body responses to stress, such as increased blood pressure and heart rate.
- Check out [this short video](#)* about the benefits of breathing exercises.
- Read [this short article](#)* for some simple breathing exercises you can do to help induce the relaxation response and reduce your stress.
- Here is [another brief article](#)* from Harvard University Medical School about the benefits of deep breathing practice.



Feeling overwhelmed? You can seek help from your personal physician, a mental health professional, or Ozark Center Crisis hotline 800.247.0661. Visit <https://www.freemanhealth.com/ozarkcenter/> for list of all Ozark Center Services.

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- What do you notice from all **5 senses**?
- What do you notice in your **body**? Tension? Holding a certain posture? Something else?
- Where are your **thoughts**? Past events? Future tasks?
- What are your **emotions** right now?
- **Name what you notice**. E.g. "This is fear." "This is sound."

Let it be, let it go

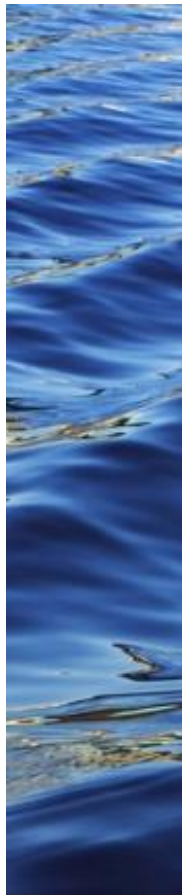
Move mindfully

How does "Awareness" help manage stress?

- **Awareness**, where you simply observe in your mind what's going on around you in the present moment, **is mindfulness!**
- **Mindfulness can help you change your perspective*** about what you notice. (3 minute video)
- Mindfulness can help foster positive emotions and increase resilience from negative events. It can also increase empathy and a sense of compassion. Noticing what is present in this moment is the first step in choosing how you want to respond to something, rather than react out of habit.
- **This short article** * outlines the benefits of practicing mindfulness at work.



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- **Simply observe** whatever you notice, without trying to change it.
- Send yourself some kind and non-judgmental **self compassion** if this moment is a difficult one.
 - See if you can make space for whatever you are feeling to be there without making yourself wrong.
 - Remember that we all face difficulties in life sometimes; you are not alone. What would you say to a friend in the same situation?
- Think of something you are **grateful** for right now.

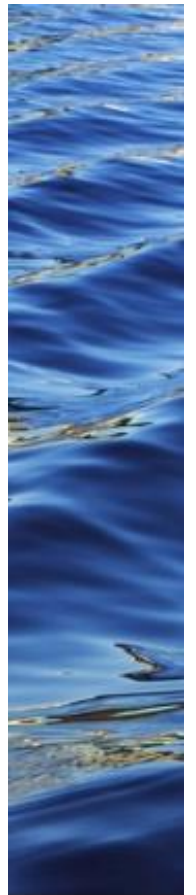
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How does “Let It Be, let It Go” help manage stress?

- **Simply observing** our thoughts and emotions, and letting them pass by (like clouds or waves) rather than struggling against them or trying to change them can help reduce stress. Check out this [3 minute video](#) * that explains how.
- **Self compassion** during moments that are hard can help you remember that *all* people have difficulties sometimes, and that you are not alone. Practicing self kindness can help generate [hormonal changes](#) * that increase wellbeing and resilience. Check out this [2 minute video](#) * that explains how.
- **Gratitude** practice can have [physical, psychological and social](#) * benefits. Check out this [3 minute video](#) * about why gratitude works.



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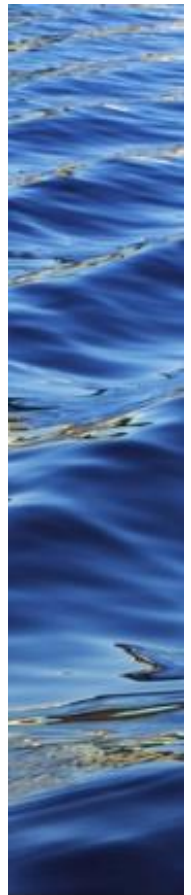
Let it be, let it go

Move mindfully

- Take a moment to **stretch your body** or stand up from your desk.
- **Move mindfully into your next task**, being truly present.

How does “Moving Mindfully” help manage stress?

- **Stretching your body** in a gentle way throughout the day can help relieve tension. Check out [this article](#) * for 12 exercises you can do at your desk, and some can be done standing. Figure out what kinds of gentle stretching feel good for your body and do those – there’s no one right approach that fits every body.
- The American Heart Association recognizes the [health benefits](#)* of **mindful movement**, including increased energy and lower stress.
- Moving mindfully into your next task [can help you focus](#) * (4 minute video) on what you are doing and the person in front of you.
- Mindfulness [may help reduce errors](#) * that result from distraction or interruption, and create a safer environment for you, your colleagues and coworkers, and our patients.



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