

Breathe in, breathe out

Manage your Stress

Intentional Breathing Tip: Your inhale and exhale breaths should be heartfelt, deep, slow, and even. Try counting to 4-5 seconds for the inhale and 4-5 for the exhale.

BENEFITS OF BREATHING TECHNIQUES

(based on a recent study with 9th grade students)



Intentional breathing can help you manage stress and stay calm when faced with problems



Focusing on your breathing can help your heart, help your thinking, and regulate your emotions



Breathing helps navigate friendships and relationships with family

How do you manage new challenges?

It's simple. I take a step back and breathe!



To learn more

SMART BRAIN WISE HEART

<https://sbwh-cdc.heartmathelearning.org/>

TEXAS HEART MATH

https://goalresilience.norc.org/posts/evryone/001_smart-brain-wise-heart/001_smart-brain-wise-heart.html