

PRESS

FALL 2022 WELLNESS CAMPAIGN



BREATHING EXERCISES

Belly

1. Place 1 hand on the upper chest and the other hand on the belly (just below ribcage).
2. Relax the belly.
3. Breathe in slowly through the nose, feeling the air moving through the nose and downward, causing the belly to rise.
4. Exhale slowly through the nose, causing belly to fall inward toward the spine.
5. The hand on the chest should remain relatively still throughout the exercise.

4-7-8

1. Inhale through the nose for a count of 4.
2. Hold the breath for a count of 7.
3. Exhale through the mouth with a “whoosh” for a count of 8.

-REPEAT

Box

1. Inhale through the nose for a count of 4.
2. Hold the breath for a count of 4.
3. Exhale through the mouth for a count of 4.
4. Let the lungs remain empty for a count of 4.

-REPEAT



“IF YOU HAVE THE COURAGE TO BEGIN, YOU HAVE THE COURAGE TO SUCCEED.”

-DAVID VISCOTT

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PHYSICAL RELAXATION

Progressive Muscle Relaxation

- Consult your doctor if you suffer from health conditions or an injury.
- Find a quiet, comfortable place in a reclined chair or laying on the ground.
- Relax with a couple of rounds of belly breathing.
- Begin by focusing your attention on each area while keeping the rest of your body relaxed. Work your way through the list below, squeezing 1 area at a time for 10 seconds, then release while counting for 20 seconds. Repeat each area as needed.
 1. Eyes
 2. Jaw (Open wide mimicking a yawn)
 3. Neck and Shoulders (Raise toward ears, tilt face toward ceiling)
 4. Chest and Back (Push shoulder blades back, trying to touch blades together. Breathe deeply and push chest forward)
 5. Arms and Hands (Draw hands into fists and pull arms to chest squeezing tightly)
 6. Buttocks
 7. Legs (Tighten calf slowly to avoid cramping. Point toes up and pull toward shin to stretch)
 8. Feet



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GROUNDING EXERCISES

5 Senses

Try to calm your mind by focusing on the moment and find:

- 5 things you can SEE
- 4 things you can FEEL
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE

3-3-3

- Name 3 things you see.
- Name 3 sounds you hear.
- Move 3 parts of your body.



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