

*STOP ACUTE STRESS:
Powerful tools to
reduce tension and anxiety*

The root of compassion is
compassion for oneself.

- Pema Chodron

Use these tools on a regular basis to increase your ability to deal with chronic stress as you increase your skills for managing acute stressors.

The Healing Breath – developed by Dr. Marc Schoen from UCLA

Decreases blood pressure and heart rate, decreases stress and anxiety, improves breathing

1. Inhale a medium sized breath through your nose with your mouth shut.
2. Exhale that one breath in three stages with approximately 4 seconds between each stage. Make a “shhhhh” sound out loud with each exhalation.
3. Repeat this process with at least three breaths three times daily (9 breaths daily)

The Resource Breath - developed from HeartMath Institute materials

Increases the ability to shift from stress to relaxation, increases ability to make resourceful changes and facilitate healing

1. Shut your eyes or instead leave them open and focus on a dot on the wall. Become aware of your breath. Observe whether it is fast or slow, deep or shallow.
2. Shift your focus to the area around your heart. Become aware of your rib cage – the cradle of your heart. Now feel your breath coming in through your heart and out through your abdomen.
3. Remember a time when you felt great gratitude or appreciation. Relive that time . . . what you felt, said, heard, etc.
4. Now ask yourself what would be an efficient, effective shift in attitude or action that would balance and de-stress your system.
5. Sense any change in perception or feeling and sustain it as long as you can.