Stress Management and Resiliency Training Lab

Understanding Stress

Techniques

We often aren't thinking about how deeply we are breathing. Consider trying a few of the techniques below to be mindful of your breath.

**Square Breathing**
Begin by sitting in a comfortable position. Breathe in for a count of four, and then hold your breath for a count of four. Exhale for a count of four, and then hold it at the end of the exhale for four.

**Pace Breathing**
Make your inhale and your exhale the same length. Consider breathing in for a count of six and breathing out for a count of six. Remember, you can count quickly or slowly to create a pace that works for you.

**Alternate Nose Breathing**
This exercise helps if you're feeling nasal congestion as well. Place one finger over your left nostril and breathe in and out for several breaths. Then place your finger over your right nostril and breathe in and out for several breaths.

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