



JOAG Tip of the Month

April 2021

Deep Breathing Techniques to DE-STRESS

“Breath is the power behind all things... I breathe in and know that good things will happen.”

–Tao Porchon-Lynch

- ❖ As PHS Officers, we are required to cope with many different stressors while serving our nation:
 - Maintaining readiness
 - Deployment endurance
 - Duty station demands
 - Family obligations
 - Self-preservation
- ❖ Coping skills, including breathing techniques, are vital in helping deal with stressors
- ❖ Deep breathing is a great relaxation technique that only takes a few minutes and requires nothing but your attention.



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- ❖ One great breathing exercise is the 4-7-8 (or Relaxing Breath) Exercise. Here are the steps:
 - Exhale completely through your mouth, making a whoosh sound.
 - Close your mouth and inhale quietly through your nose to a mental count of 4.
 - Hold your breath for a count of 7.
 - Exhale completely through your mouth, making a whoosh sound to a count of 8.
 - This is 1 breath. Now inhale again and repeat the cycle 3 more times for a total of 4 breaths.
- ❖ Try this exercise whenever you recognize your stress levels are high or incorporate into your self-care routine!

References:

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>