

# Take a Breath Break



Your breath is a free, self-care tool that is always available to you.

Conscious breathing techniques can trigger your body's ability to relax. They also counteract the automatic fight-or-flight response from stress-producing threats, real or perceived.

- To create more calmness, take breathing breaks throughout your day. One technique is "square breathing."
- Breathe in through the nose for a count of four, hold the breath for a count of four, breath out for a count of four and hold for a count of four.
- Repeat this cycle for up to five minutes.
- Explore free breathing exercises apps to find one that works for you.

