

A background image of several dandelion seed heads against a clear blue sky. One seed head is in sharp focus in the foreground, while others are blurred in the background.

RELEASE, REFRESH, REFOCUS

Breathwork

Presented by your
Employee Assistance Program

Together, all the way.®



SEMINAR GOALS



- Understand the positive effects of focused breathing
- Explore several different breathing techniques
- Learn how you can use breathing techniques in your daily life
- Review the benefits of your Employee Assistance Program (EAP)

WHEN STRESS IS WINNING



- Body holds tension
- Breaths are shallow, quick
- How can we push back?

Breathe!



PRACTICE

Follow the breath



PRACTICE

Belly/diaphragmatic breathing



THE POWER OF BREATHING

- Cues relaxation response
- Creates a focal point
- Can lessen acute or chronic tension
- Is always available to you



PRACTICE

4-7-8 breathing



PRACTICE

Mindful release breathing



USING IN DAILY LIFE

- When you feel tension
- Before or during anxious moments
- As a habit to start or end the day
- May be helpful in managing insomnia



Breathwork is just one way to stimulate the relaxation response. You may want to explore others as well.



- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

BENEFITS OF THE EAP

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



REFERENCES

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