

MANAGING STRESS

As the school year continues on, you may notice your students are more overwhelmed. Try this breathing exercise to help them self-regulate their feelings!

4-7-8 BREATHING



Sit or lie down somewhere comfortable.

Breathe in through your nose for 4 seconds.



Hold your breath for 7 seconds.

Exhale out through your mouth for 8 seconds.



Repeat until you feel completely calm.



BENEFITS OF DEEP BREATHING EXERCISES

Decreases bodily tension and stress
Promotes relaxation and greater focus
Eases anxiety and depression
Helps us think clearly and be better decision makers

TIPS

Make note of your posture. Sit or stand in a comfortable position with your shoulders slightly back. This allows the lungs expand fully during the exercise.

Remember, practice makes perfect! Incorporate breathing exercises into the classroom routine or daily activities to engage the students in these techniques.



For more information on deep breathing exercises, click [here](#).