

Breath and Mindfulness for Stress Reduction

Breathing

Breathing exercises are natural remedies for stress reduction that benefits our mental health. Some common breathing exercises used for immediate and long term stress reduction and anxiety includes:

- Deep Breathing
- Mindful Breathing
- Square-Breathing
- Belly Breathing

Mindfulness

Mindfulness is a state of being that helps us to live fully and gives greater peace. Mindfulness is not just a state of mind, but when practiced appropriately, it can become a way of life. Some common mindfulness practices includes:

- Body Scan Meditation
- Mindful Seeing
- Mindful Listening
- Mindful Breathing



Grounding Exercises

Grounding techniques help to control for symptoms of stress by turning attention away from the negative thoughts and feelings and allows the individual to redirect their attention on and immerse themselves in the present moment. Some common grounding techniques used are:

- 5-4-3-2-1 Technique
- Categories
- Body awareness technique
- Mental Exercises

For more knowledge on these techniques please click on the bolded title to each section be linked to additional information .

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Employee Assistance Program website for confidential support today.



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