Breathe Healthy

CHALLENGE
Practice breathing to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Breathe Healthy."
2. Practice breathing daily to improve your health.
3. Keep a record of your completed health challenge in case your organization requires documentation.

Take the Breathe-Right Quiz

How much do you know about the health benefits of breathing?

	T	F	
1.	☐	☐	Closing your eyes is required to benefit from mindful breathing.
2.	☐	☐	Endorphins released during mindful breathing can help reduce pain.
3.	☐	☐	It takes 60 minutes of quiet breathing to reduce stress and improve mood.
4.	☐	☐	Deep breathing can help lower heart rate and blood pressure.
5.	☐	☐	Research shows a regular breathing practice can help treat anxiety and depression.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about mindful breathing to improve your health. It only takes about 10 minutes of quiet breathing to reduce stress and improve your mood. And you don't have to close your eyes. (If you can't take a 10-minute break, start with 2 or 3 minutes.)

Answers: 1. False. 2. True. 3. False. 4.True. 5. True.

What's it feel like when you're stressed out?

You know...you're late for work and stuck in rush-hour traffic. Maybe your kid is having a meltdown in the middle of the grocery store. Or you've got a looming work deadline and a million other priorities. Ugh!

Your heart rate rises. Maybe you break a sweat. Your stomach turns in knots. Or your frustration meter starts to rise. Sound familiar?
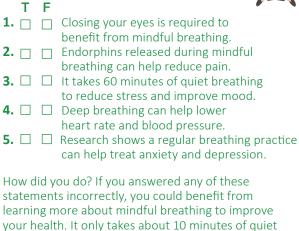
Or maybe your stress is tied to something bigger like moving, a job change, car trouble, relationship matters, health problems, or money.

Chances are pretty good you know what stress feels like.

Maybe it's in the form of headaches, neck and shoulder pain, fatigue, or even an overwhelming sense of gloom or uneasiness. Maybe you're irritable or in a bad mood. Or maybe you make it through the day, but then can't get to sleep at night.

Been there, done that? Stress can take a heavy toll on your health and happiness.

Too often, people try to beat stress in unhealthy ways to feel better. For example...shop therapy, gambling, drinking, eating too much, or maybe binge-watching shows instead of doing something better.

But it doesn't have to be that way. There's an easy way to beat stress, improve your mood, calm your mind, and protect your health. It's free. It only takes a few minutes. And you can do it anytime...anywhere.

Take a deep breath, cause it's literally that easy. Take the month-long health challenge to Breathe Healthy

Relax: Breathing tips to beat stress https://tinyurl.com/yaxcdkzu

EMPLOYEE WELLNESS SOLUTIONS NETWORK

STAYIN' ALIVE
Talking about safety isn't enough.