

**Coffee with the Coach 4/19/2023**  
**Using Breath to Reduce Stress**  
UNC Wellness Centers  
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Below is the recap from the April Coffee with the Coach, Topic: ***Using Breath to Reduce Stress***.

- First, we did a stress level check-in. **On a scale of 1-10 (1-low, 10-high) what is your current stress level?**
- Next, I led the group through the **Box/Square Breathing Technique**. Inhale 4 counts, hold 4 counts, exhale 4 counts, rest 4 counts. Draw a box on your thigh for grounding. Repeat 6 times (slide 3).
- Then, we reviewed the importance of balancing our sympathetic nervous system (fight or flight) with our **parasympathetic nervous system (rest and digest)**, and how breathing can serve us in this way (and is free, accessible, and takes <5 minutes).
- We further explored how damaging it can be to stay in a heightened state of stress and identified **how stress affects our body, mood, and behavior** (slide 6).
- On to action, it was time to decide the **breathing technique you want to try** (slide 7) and **when you want to stack a breathing habit** with a habit you already do (slide 8).
- Lastly, consider these questions:
  - What benefits would **you** gain from more intentional breathing work?
  - How will you keep yourself on track/accountable to your goal/intention?

**[Click here](#) to register for the May 17 Coffee with the Coach session, topic TBD.** Bookmark this page to find past session resources and upcoming schedule: <https://uncwellness.com/coffee-with-the-coach/>

***Did you know?*** UNC Wellness Centers has a full calendar of health and well-being webinars. Check out the schedule [here](#).

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