



COFFEE WITH THE COACH 4/19/2023 USING BREATH TO REDUCE STRESS

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AGENDA

- Breath break
- Straight talk on stress
- How breathing helps
- Connect to your life
- New habit?



 Inhale ...2 ...3 ...4



Hold ...2 ...3 ...4

Breathe.

Rest ...2 ...3 ...4



Exhale ...2 ...3 ...4



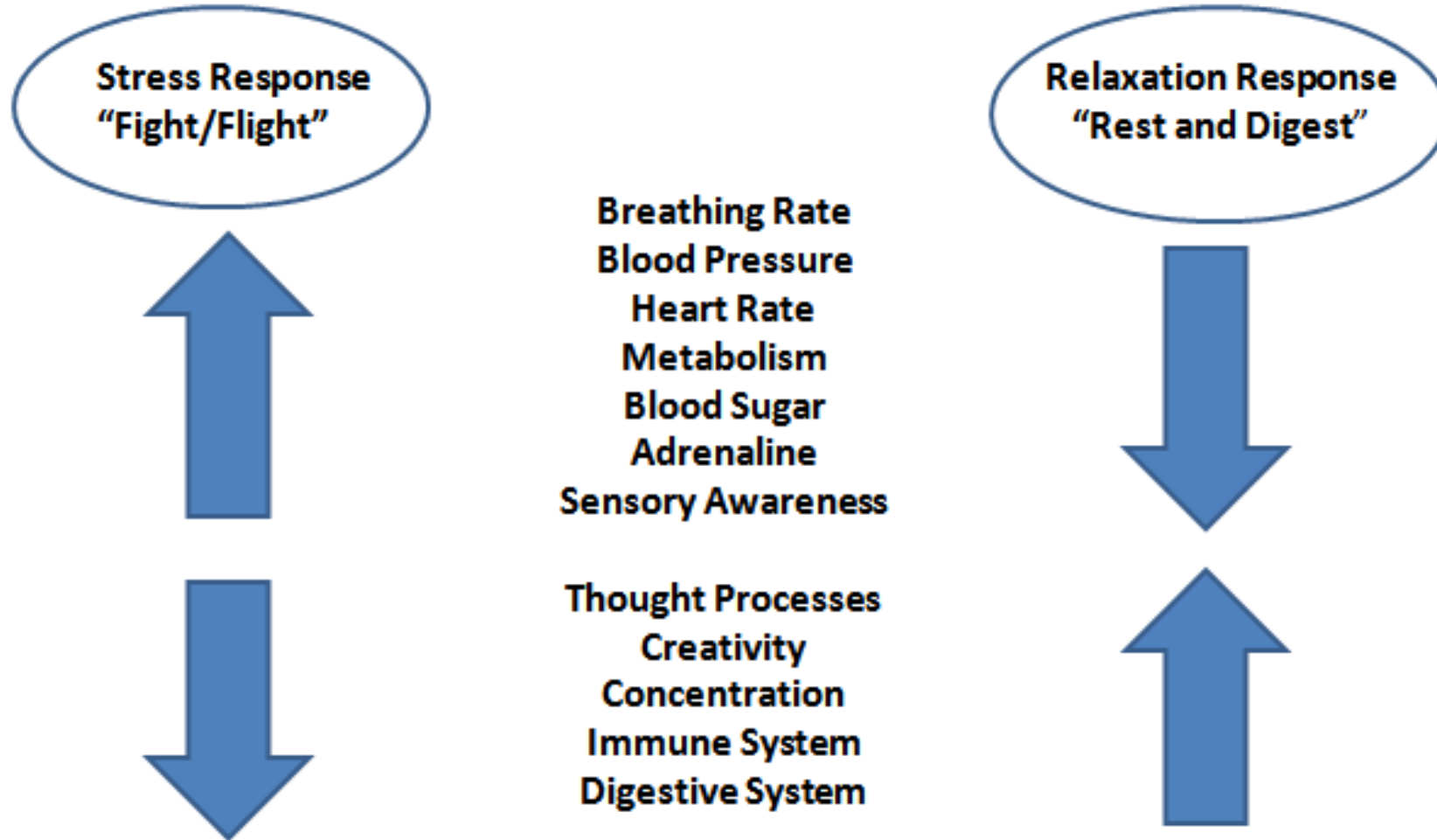
Parasympathetic

Restoration
Calming
“Rest and Digest”

Sympathetic

Activate
Alert
“Fight or Flight”

Fight/Flight vs Rest/Digest



EFFECTS OF STRESS

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

WHAT TYPE OF BREATHING DO YOU LIKE BEST?

- Square/box breathing
- 4-7-8 breathing
- Set a timer and focus on the breath (1-2 minutes)
- Breathe while focusing on a soothing word (eg. peace, calm, still)
- Fill in the blank _____

BREATHING AS A HABIT.

IDEA: STACK WITH AN EXISTING HABIT

- Morning coffee
- Shower
- Stop lights
- End of meetings
- Lunch
- Park in garage
- Getting into bed

*What will help you
be successful?*

What benefits would you gain from more intentional breathing work?

How will you keep yourself on track/accountable to your goal/intention?

UPCOMING EVENTS

Bridging the Gap: How Coaching Supports You in Making Sustainable Changes

April 25, 12:15-1 pm

Join Teresa Gallis, ICF Professional Coach, coach trainer, assessor, and Duke-certified Health and Well-Being Coach, to discover how a health and wellness coach bridges the gap between your healthcare professional's recommendations and the challenges and circumstances of your real life. [Click here](#) to register.

3-month Personal Coaching for UNC Health Colleagues- 2 spots available

Email Julie.McNamara@unchealth.unc.edu to inquire.

➤ Full schedule of UNC Wellness virtual Health Education
<https://uncwellness.com/virtual-health-education/>

RESOURCES

[Understanding the stress response - Harvard Health](#)

[Stress symptoms: Effects on your body and behavior - Mayo Clinic](#)

[Parasympathetic Nervous System \(PSNS\): What It Is & Function \(clevelandclinic.org\)](#)

[Research: Why Breathing Is So Effective at Reducing Stress \(hbr.org\)](#)

[7 Stress-Relief Breathing Exercises for Calming Your Mind \(positivepsychology.com\)](#)