



COFFEE WITH THE COACH 4/10/2024 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?




BOX
BREATHING

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

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

Breathe.

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

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



Parasympathetic

Restoration
Calming
“Rest and Digest”

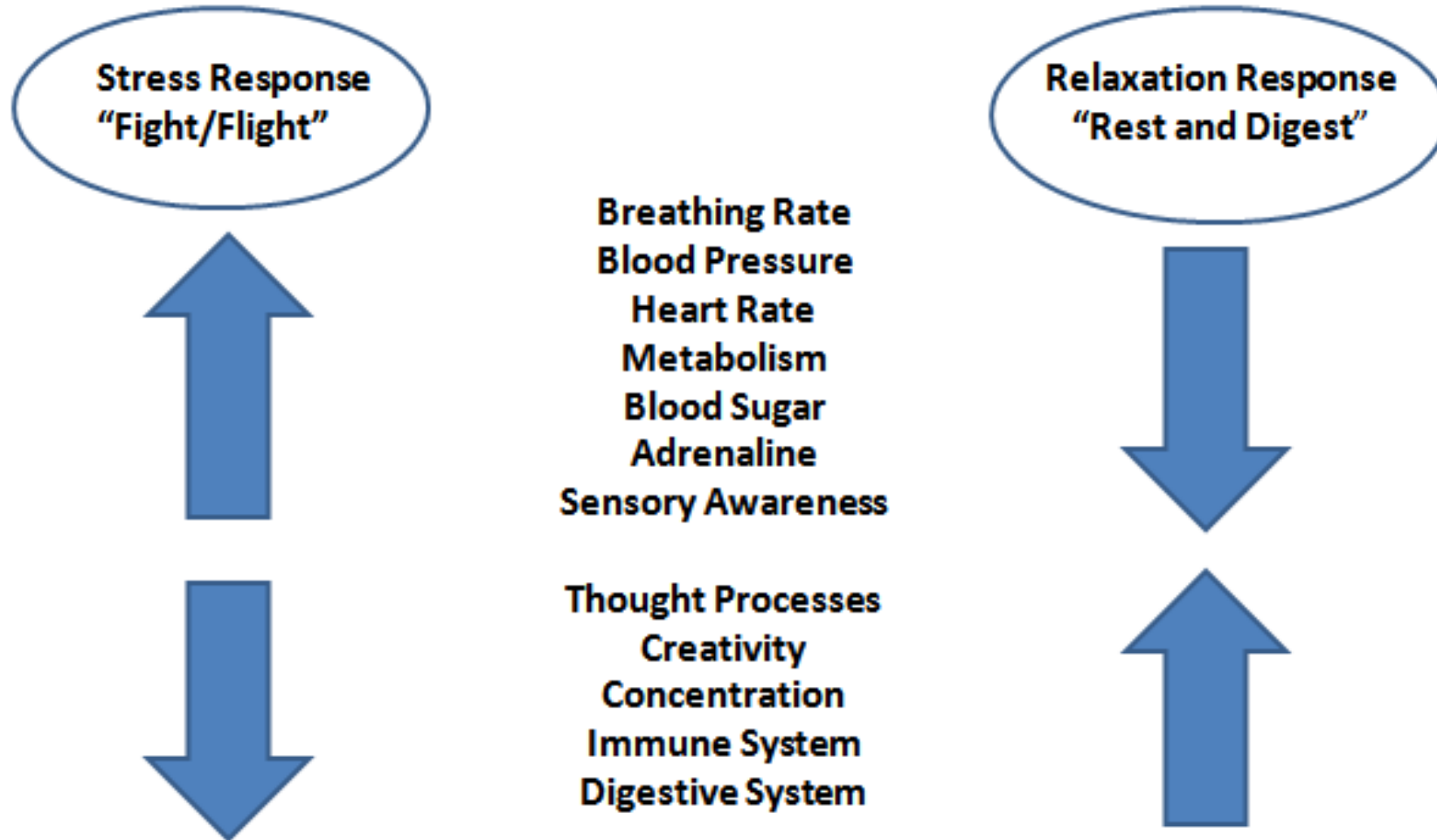
Sympathetic

Activate
Alert
“Fight or Flight”

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 | | |

Fight/Flight vs Rest/Digest



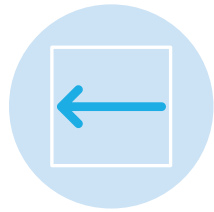
4-7-8 BREATHING

The 4-7-8 breathing technique is a style of intentional breathwork that can calm your mind and body.

1. **Inhale** through your nose for **four** counts.
2. **Hold** your breath for **seven** counts.
3. **Exhale** through your mouth for **eight** counts.



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
- Close laptop
- Park in garage
- Getting into bed

*What will help you
be successful?*

What benefits would you gain from more *intentional* breathing as a coping strategy?

How will you keep yourself on track for this intention?

UPCOMING EVENTS

Empowering Women: The Role of Exercise in Managing Menopause - *Talk to Me Tuesday Webinar*

May 7, 12:15 – 1:00 pm

- Join ACSM Registered Clinical Exercise Physiologist Neva Avery as she guides you on strategies to optimize your health and thrive through the changes of menopause. In this enlightening session, participants will learn about the impact of hormonal shifts on physical and mental health, how strength training improves vitality, and other holistic practices to foster wellness through the transition. [Click here to register.](#)

Coffee with the Coach Webinar – *Topic: TBD*

May 8, 2:00 – 2:45 pm via Webex

Gut Health: A Food First Approach – *Food for Thought Webinar*

May 13, 12:00-1:00 pm via Webex Webinar

- Understanding the association between food and the gut can help to increase your immunity, reduce risk of chronic diseases, as well as increase overall health. Join Natalie Newell, RD, LDN to learn more about how the foods you eat can help or hurt your digestive system. [Click here to register.](#)

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 \(positivepsychology.com\)](#)