



Befriend Your Body Simple Stretching and Mindful Breathing

- ~ Learn to manage stress and anger
- ~ Help reduce stress and pain
- ~ Reconnect with your body
- ~ Practice balance and build strength
- ~ Improve general wellness

To get more benefit as you do these breaks:

1. Remember long inhales are energizing. Long exhales reduce stress. Always breathe in a comfortable way.
2. Small movements have benefit. You do not have to push yourself to stretch – find a comfortable way to move. That has much benefit.
3. Move slowly so you have time to notice how the stretch feels.
4. Perhaps notice what simple stretches or breathing exercises make you feel better. Then, if you like, later in the day when you start to feel stress or pain, do that break again (even a 5-part breath with long exhales can help!) Notice how that makes you feel.
5. Even one break has benefits. But you can do as many as you like at one time.
6. The more you practice, the more natural it feels!

Comments on next page --

Questions? greentreeyoga@Comcast.net or call Yael at 801-656-7885

Comments about these simple stretches and mindful breathing exercises from Veterans at the Salt Lake VA with PTSD, Military Sexual Trauma, and Pain

“This is an excellent way to gently loosen yourself and get centered”

“The breathing I have learned has helped me with my anxiety on a daily basis.”

The opportunity to quiet my mind and recognize my feelings.

I could feel my muscles doing something.

Perfect, the breathing helped so much and I needed the exercise!

So much better (pain) especially mentally. Slowed mind after previous triggers.

“Better than meds!”

That I listened to my body.

Calmed down from being upset

It's been pretty easy. I am just glad to have another tool in my box for pain.

“I can finally feel my breathing. I could not before. It feels really good.”

“It brings my anxiety and stress levels down tremendously! Thank You!”

“My body does not feel as tense throughout the day.”

