

Barton Lab

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Self-Care Week

# Take a Breath Tuesday

The benefits of breathing  
exercises and how to do them



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# Benefits of Breathing Exercises

GOAL OF DEEP BREATHING: RELAXATION

Consistent use of breathing exercises have been shown to:

- Lower heart rate
- Lower blood pressure
- Slows rate of breathing to expend less energy
- Relieve pain



- Improves coping with stress
- Improves cardiovascular capacity
- Increase relaxation
- Increases energy

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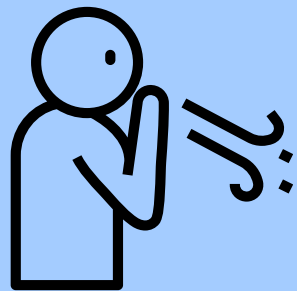
# 4-7-8 Breathing



Breathe in through your nose  
for 4 seconds



Hold your breath for  
7 seconds



Breathe out forcefully from  
your mouth for 8 seconds

Repeat these steps 4 times

Click [here](#) for a video to guide you  
through 4-7-8 breathing

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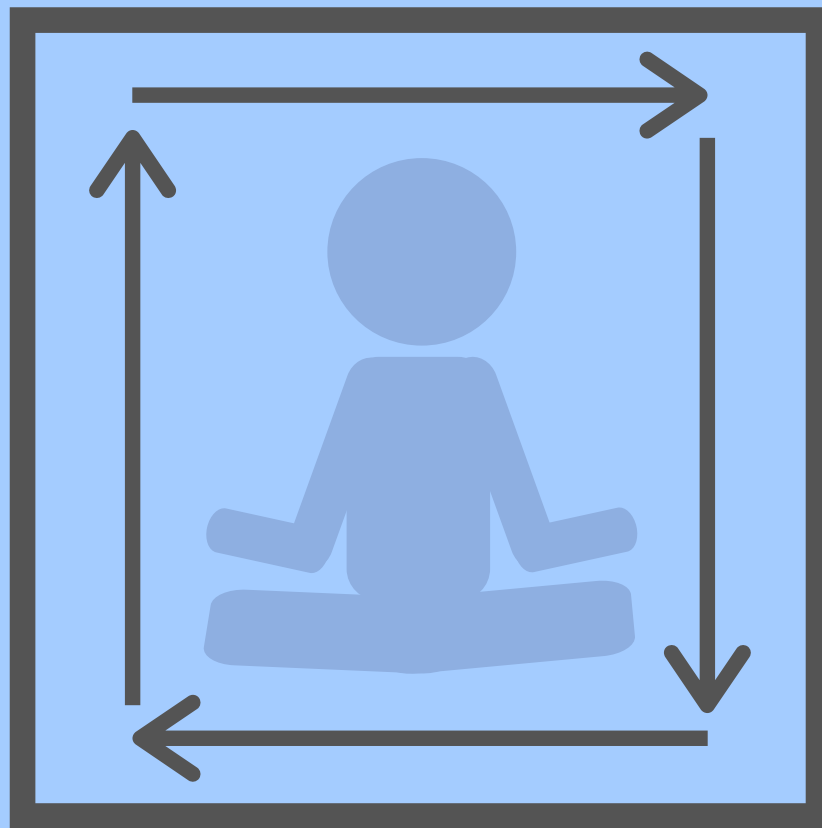
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# Box Breathing

Breathe in through your  
nose for 4 seconds

Hold the air out  
for 4 seconds



Hold the air in  
for 4 seconds

Keep your body  
relaxed. Avoid  
clenching your  
jaw shut.

Breathe out through your  
mouth for 4 seconds

Click [here](#) for a  
guided box  
breathing video

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# The Importance of Self-Care

The Barton Lab emphasizes the importance of self-care. Our lab is committed to engaging in self-care because of its impact on our individual and collective well-being.

We also know that self-care looks different for every individual. Your self-care needs might change depending on what else is happening in your life. We encourage you to find the ways to take care of yourself that work for you. Please share with us the ways you engage in self-care!

## Resources

<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

<https://www.mntnviewchiro.com/deep-breathing-by-the-mayo-clinic>

<https://www.medicalnewstoday.com/articles/324417>

<https://www.medicalnewstoday.com/articles/321805#the-box-breathing-method>

