

# EAP PRESENTS

COUNTY OF SANTA CLARA EMPLOYEE ASSISTANCE PROGRAM



## MARIE S. GOULART, LMFT

Learning the foundation of breathing is beneficial to your all-around wellness. On this tip-sheet you will have an opportunity to check out our diaphragmatic breathing video, including quick and easy go-to breathing exercises!!! For best results, do not try these exercises when you're short of breath. Preferably practice breathing exercises when you're calm and comfortable ideally for 5-10 minutes. See below for our favorite breathing applications available on iPhone and Android systems.

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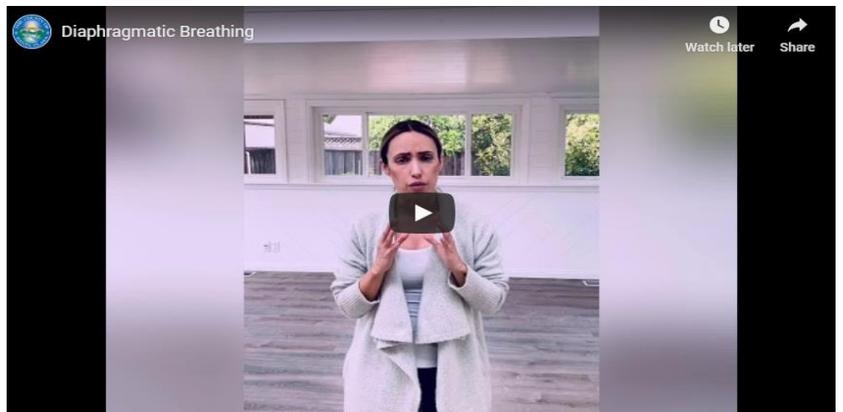
## OUR FAVORITE BREATHING APPS

- BetterMe. Meditation & Sleep
- Breathe: Meditation & Sleep
- iBreathe-Relax and Breathe

# JUST BREATHE

## DIAPHRAGMATIC BREATHING

**CHECK OUT OUR VIDEO HERE:** <https://youtu.be/YgsB6zhiUk8>



## 4-7-8 BREATHING

The 4-7-8 breathing technique, also known as "relaxing breath," involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

## PURSED LIP BREATHING

This exercise reduces the number of breaths you take and keeps your airways open longer. More air is able to flow in and out of your lungs so you can be more physically active. To practice it, simply breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.

## AFFIRMATION BREATHING

Begin by setting an intention (I am calm) for what you would like to bring into your life. Place one hand on your heart and the other on your belly. As you inhale, the belly rises and as you exhale, the belly falls (belly breathing). Inhale for a count of 4 and exhale for a count of 4-8. Remind yourself of your intention and continue to breathe slowly and smooth, in and out. Breathe in "courage," breathe out "fear."