



Just Breathe Worksheet

NOTE: This is for **personal use only**. Each day strive to click the **highlighted links** to practice the different breathing techniques. Rate your stress level before and after the practice using a scale of 1 to 5. 1 is 'No Stress' and 5 is 'High Stress'.

Please *anonymously* log your participation by clicking [HERE](#).

DAY	BREATHING PRACTICE	STRESS LEVEL?
MONDAY	Reduce Stress Through Deep Breathing (3 minutes)	BEFORE ____ AFTER ____
TUESDAY	Box Breathing (~3 minutes) <small>The hospital mentioned at the end of this video is not affiliated with any ParTNers for Health networks.</small>	BEFORE ____ AFTER ____
WEDNESDAY	Bumble Bee Breathing (2 minutes)	BEFORE ____ AFTER ____
THURSDAY	Alternate Nostril Breathing (~11 minutes)	BEFORE ____ AFTER ____
FRIDAY	Progressive Muscle Relaxation Breathing (~6 minutes)	BEFORE ____ AFTER ____
SATURDAY	Lion's Breath (~3 minutes)	BEFORE ____ AFTER ____
SUNDAY	Pick YOUR favorite!	BEFORE ____ AFTER ____