

# Overcome stress one breath at a time



## Start a Deep-Breathing Practice

Use breathing to lower stress levels for a healthier happier you.

With Omada learn ways to not only destress and improve your quality of life, but how to keep your stress levels lower on a day to day basis. The best part is you're already covered!

Join today:

[omadahealth.com/saintpaul](https://omadahealth.com/saintpaul)

Start feeling  
better today:

- ✓ Relax your body
- ✓ Start your breathing
- ✓ Enjoy a healthier happier you!



## 5 steps to deep breathing:

### Step 1

Relax your body. Find somewhere to sit or lie down comfortably.

### Step 2

Close your eyes and inhale slowly through your nose. Feel your breath as it flows down and causes your belly to expand.

### Step 3

At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.

### Step 4

It's all about focus, pay close attention to your breath as it goes in and out of your body.

### Step 5

Your attention will wander – that's fine – just refocus on your breathing.