Handling Strong Emotions



Melcome To Your Breathing Technique Gude

Discover how simple breathing techniques can help you manage stress, boost focus, activate your natural relaxation response and feel more in control!

Slow, deep breaths can help regulate emotions, calm the nervous system, and support your mental health anytime, anywhere.

Tap into your nervous system, calm your mind, and improve everything from focus to sleep.





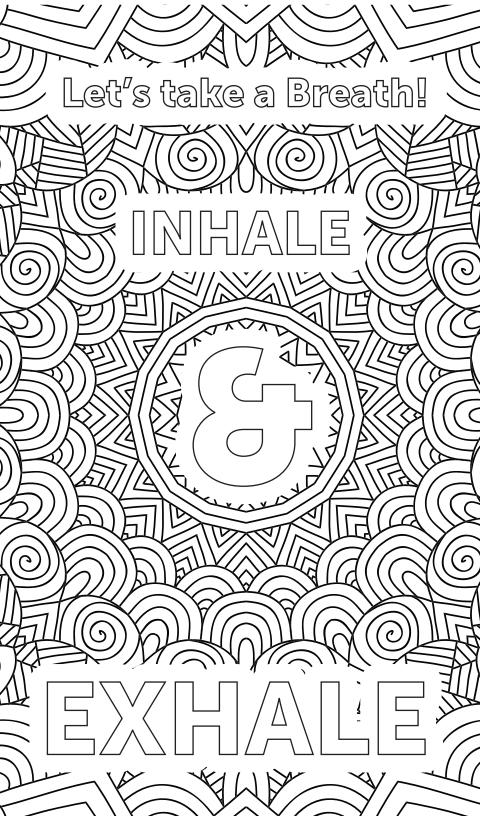
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4-7-8 Breathing

- Lie or sit with one hand on your chest and another on your belly
- Take a deep slow breath from your belly, counting to 4 as you breathe in
- Hold your breath while mentally counting 1 to 7
- Release your breath completely and slowly, while silently counting 1 to 8

Repeat 3 to 7 times or until you feel calm

Ready? Deep breath in and out!

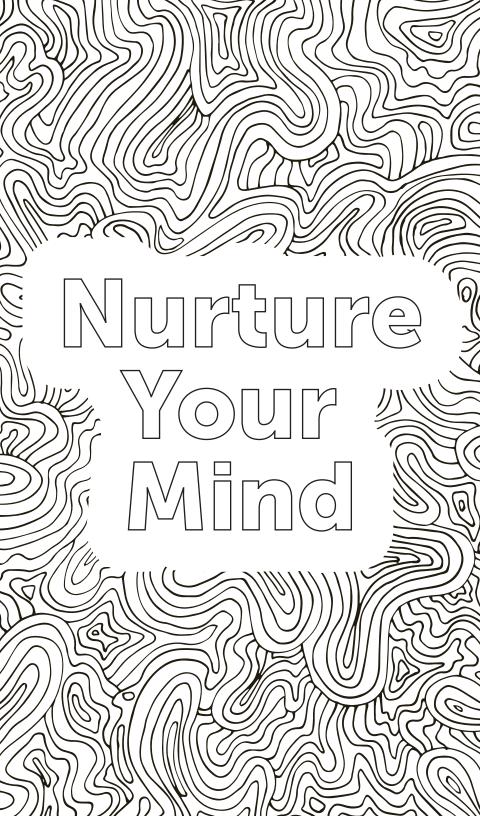


Nostril Breathing

- Sitting comfortably, with your legs crossed
- Hold your finger over your right nostril as you slowly breathe deeply through the left
- As you're about to breathe out, cover your left nostril with a finger and breathe out through your right nostril
- Then repeat this, now starting with breathing in your right and covering your left

Continue the pattern a few more times until you feel calm





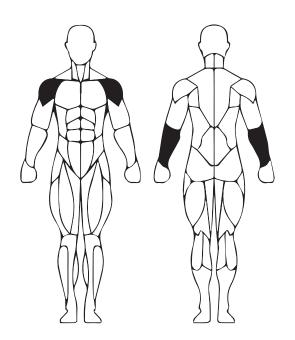
Progressive Muscle Relaxation



- First, starting with your feet, tense your muscles slowly while taking a deep slow breath through your nose
- Hold both your muscles and breathe for 5 seconds, and then breathe slowly out throrugh your mouth while releasing the muscle tension in your feet
- Now repeat, but with a different body part working your way up to your head
- Try focusing on key areas of tension such as neck, jaw, and legs.



Progressive Muscle -Relaxation



- 1. Tense feet muscles.
- 2. Hold muscle tension and inhale for 5 seconds
- 3. Follow the sensation as it goes in and out.

As you exhale, release that tension.

4. Repeat as desired.

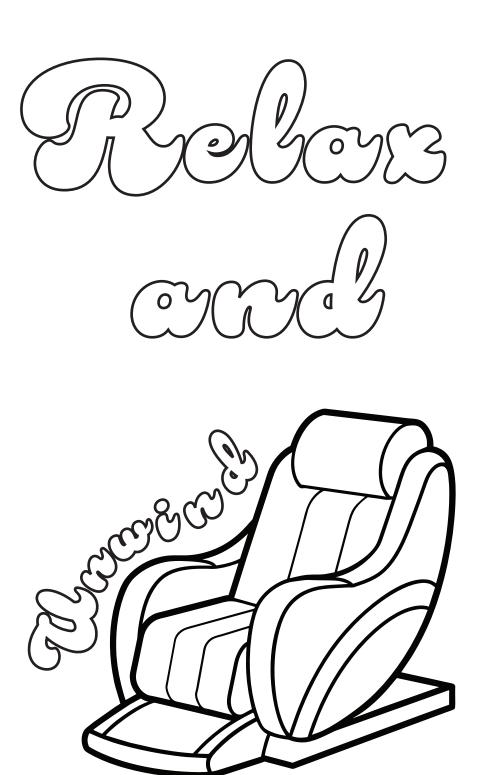
Ability to influence the autonomic nervous system, reduce cortisol levels, enhance neurochemical production, and promote relaxation. This combination leads to both immediate and long term improvements in stress management and emotional well-being.

Roll Breathing



- While lying on your back, put your hand on your chest and your other on your belly
- Breathing in slowly through your nose and out through your mouth
- Practice filling your lower lungs by having your stomach hand rise and fall, but your chest hand stay still
- 4 Repeat 8 to 10 times.





Important Phone Numbers

Counseling and Psychological Services

Monday-Friday 8AM-4:30PM Titan Hall (657) 278-3040

CSUF CAPS Afterhours

(657) 278-3040

Crisis Text Line

Text"Home" to 741-741

CSUF University Police

24 Hours/7 Days Non-Emergency (657) 278-2515

Emergency

911

CSUF TitanHEALTH

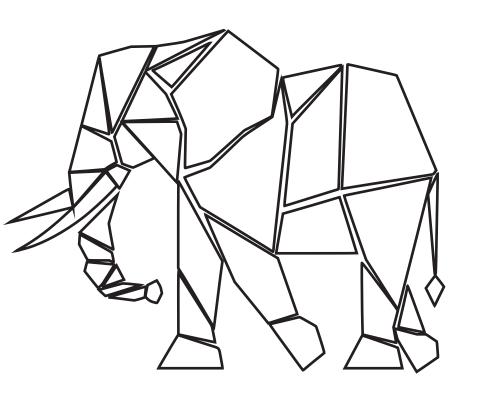
Monday-Friday 8AM-5PM TitanHEALTH (SHCC-West) (657) 278-2800

National Suicide Prevention Line

1-800-273-8255







YOU ARE Not Alone!

Notes

Notes



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