The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

"Practicing regular, mindful breathing can be calming and energizing, and can even help with stress-related health problems ranging from panic attacks to digestive disorders." Andrew Weil, MD

Take a break and breathe: 4:7:8 relaxing breaths.

Place the tip of your tongue against the ridge of tissue behind your upper front teeth and keep it there for the entire exercise. Exhale through your mouth around your tongue; try pursing your lips slightly if this seems awkward. Always inhale through your nose and exhale audibly through your mouth.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making whoosh sound to a count of eight.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

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