

A serene landscape with misty mountains and a calm lake reflecting the scene. The mountains are covered in dense green forests, and the lake is still, creating a perfect reflection of the surrounding scenery. The overall atmosphere is peaceful and calming, with a soft, hazy light filtering through the mist.

# Breathwork

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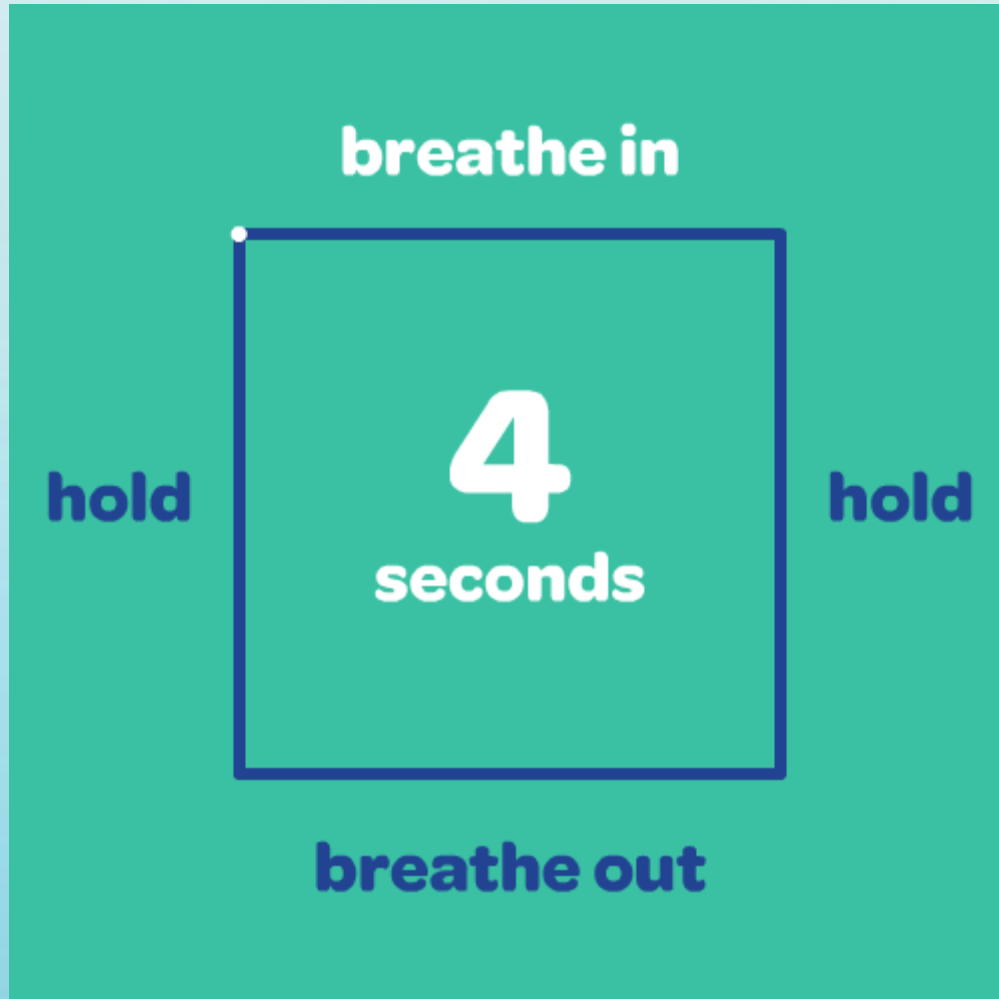
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# Introduction to Breathwork

Reasons to Breathe:

- Conscious Breathing
- Stress Reducer
- Fosters Mind-Body Connection
- Improves Focus, Concentration, and Emotional Regulation





## Box Breathing

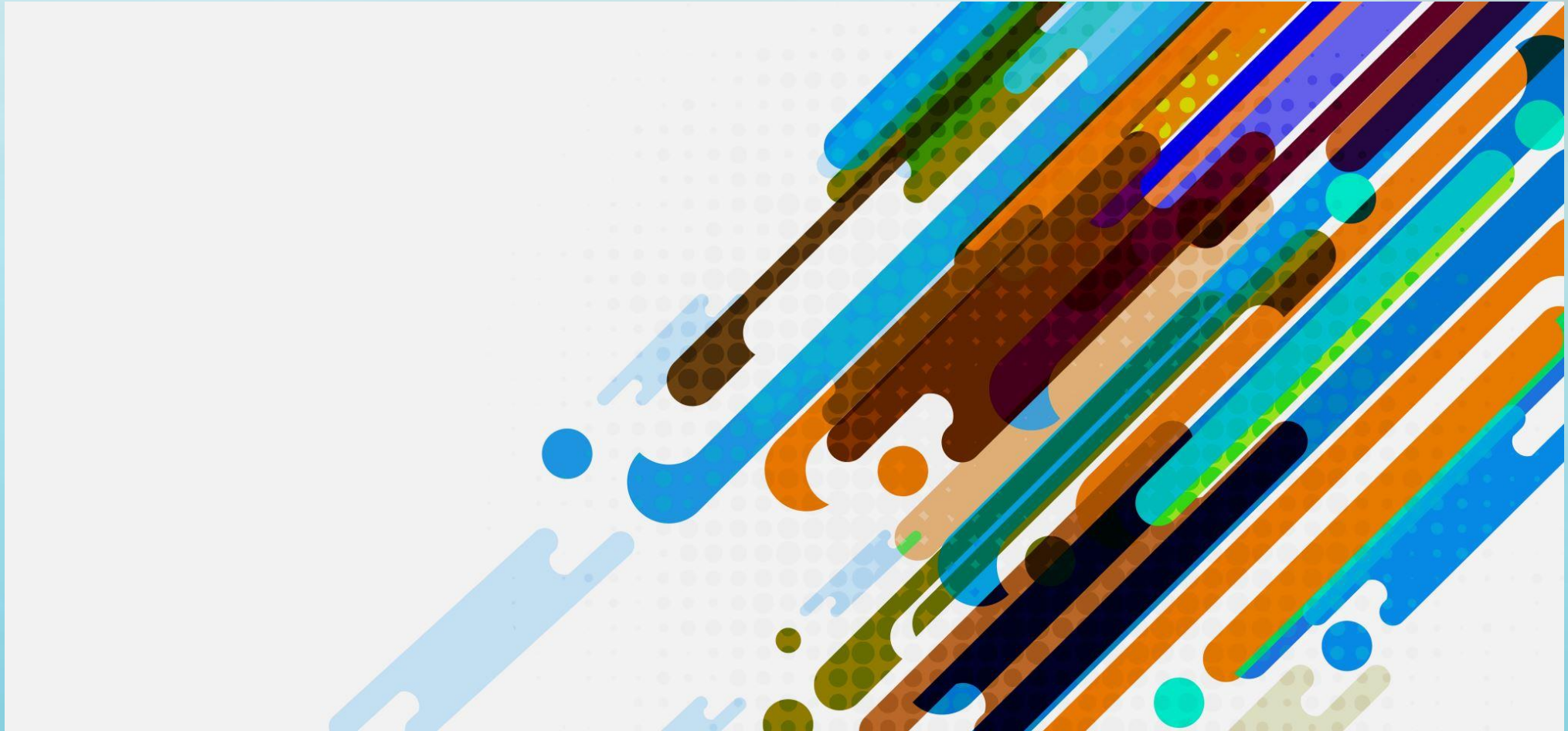
3 minutes

# 4-7-8 Breathing (3 minutes)

breathe in  
through your nose



# Mindful Breath Awareness (3 minutes)



A serene landscape with a calm lake reflecting misty mountains and a forested shoreline. The scene is bathed in a soft, teal-green light, creating a peaceful and contemplative atmosphere. The mountains in the background are shrouded in mist, and the forested shoreline is reflected in the still water of the lake.

# Reflection

How do you feel?

Were the breathing exercises helpful?

Other thoughts or questions?



# Thank You

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