

TIPS FROM WORKCARE'S INJURY PREVENTION SPECIALISTS

TRY BOX BREATHING FOR STRESS RELIEF



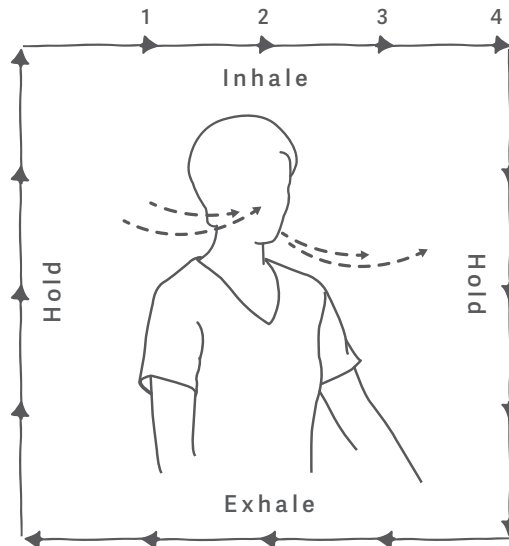
Box breathing is a stress-relief technique that you can easily do anytime. It helps lower injury risk, improve focus and lift mood by boosting oxygen flow to your brain. It also slows heart rate and lowers blood pressure.



– Isabella Progozen, MS, ATC, CEAS
Industrial Injury Prevention Specialist

TO PRACTICE 4 X 4 BOX BREATHING:

- INHALE THROUGH YOUR NOSE FOR 4 SECONDS
- HOLD YOUR BREATH FOR 4 SECONDS
- EXHALE THROUGH YOUR MOUTH FOR 4 SECONDS
- HOLD FOR 4 SECONDS AND REPEAT AS NEEDED



USE BOX BREATHING TO START YOUR DAY IN A RELAXED STATE AND WHEN YOU FEEL STRESSED.



About WorkCare

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self is our periodic work-related injury and illness prevention tip sheet for employers and employees.

WorkCare protects and promotes employee health... from hire to retire. We provide the right care, at the right time, in the right place to deliver the best possible employee health and business results.

To learn more, visit www.workcare.com.