

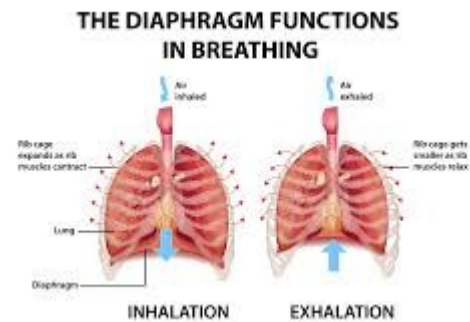
Managing Emotions During BOC Prep ...and LIFE

Breathing techniques

Equal parts breath

This breathing technique involves making the inhale and exhale the same length. It is recommended to start with counts of four, but you can extend the time as comfortable. You can even extend the exhale to be longer than the inhale, such as breathing in for four seconds and breathing out for eight.

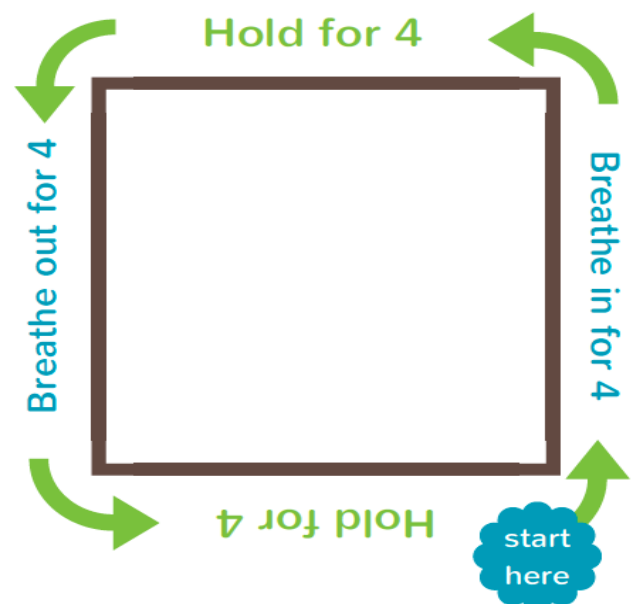
1. Position yourself comfortably, such as in a chair with your back supported.
2. Inhale through your nose for a count of 4.
3. Exhale through your nose for a count of 4.
4. Repeat for several minutes.



Box breathing

This breathing technique involves four segments of breath, including periods of breath retention, that can be uncomfortable at times. Return to normal breath if that occurs.

1. Inhale for a count of 4.
2. Hold the breath in for a count of 4.
3. Exhale for a count of 4.
4. Hold the breath out for a count of 4.



Muscle activation practices

Progressive Muscle Relaxation – Jacobson’s exercises – full 20 minute script:

<https://juniperpublishers.com/jojnhc/pdf/JOJNHC.MS.ID.555726.pdf>



Chair Yoga

10 MINUTE CHAIR YOGA ROUTINE FOR *Good Posture + Stress Relief*

1



2



3



4



5



6



7



8

