



Station 7: Coping Skills

MOVE

- Breathing comes so naturally that you can sometimes forget how important and powerful it is.

Practice breathing like this as you move around the square:

Step 1 — Inhale: Breathe in, counting to 4 slowly. Feel the air enter your lungs.

Step 2 — Hold: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.


Step 3 — Exhale: Slowly exhale through your mouth for 4 seconds.

Step 4 — Hold: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Repeat steps 1 to 4 until you feel re-centered.

DISCUSS

- What do you notice about how your breathing changes the way your body feels?



Heart of New Ulm
Supporting a culture of wellness

Welcome to a new way to explore our community!

Move This Way provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.



TAKE ACTION

- [Brown County Area Mental Health Resources](#)