



Resources *for* Living®

Don't forget to breathe

Feeling stress about the election? Deep breathing is one practice that can help reduce stress. Taking slow, deep “belly breaths” can lower levels of cortisol – the stress hormone in the body – and promote relaxation.¹

Try the relaxation exercises below to help reset your thoughts:

1(800) 848-9392, TTY 711

ResourcesforLiving.com

Username: PCSB

Password: EAP



Breathing for balance

Breathe in balance and calm and breathe out stress and worry



Just breathe

Take a moment to center yourself by tuning in to your breath.

**Coping with stress around election season can be tough.
You don't have to get through it alone. Give us a call 24/7 for in-the-moment support and resources.**