

# TAKE A DEEP BREATH



Focused breathing is a good way to calm yourself down, restore your focus, and create a mind-body connection.

This connection can help control how well your body receives oxygen, reduces stress, and increases your self-awareness. Once you get your mind and body in tune with another, you'll be able to better control your breathing. Breathing techniques enhance performance as a rifleman, they help you improve your concentration and execution. They also provide the moment you need in a crisis to focus and respond vice react. The following actions are techniques to help gain control over breathing anywhere, any time.

## PREPARE

- Pause whatever activity you are engaged in, if possible.
- To the extent possible, put yourself in a safe and comfortable position.
- Close your eyes, if you can do so safely.
- Turn your attention to your breath. If other thoughts come to your mind, don't fight them. Just notice they are there and return your attention to your breathing.

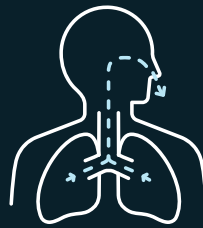
### INHALE THROUGH NOSE



### HOLD 4 SECONDS



### EXHALE THROUGH NOSE



### HOLD 4 SECONDS



REPEAT CYCLE 3X

## DO

- Inhale slowly and deeply into the bottom of your lungs, so that your belly rises with the breath. Breathe in for a count of 4, hold it for a count of 4, and exhale slowly for the count of 4.
- Let tension leave your body each time you exhale.

## CHECK & REPEAT

- Repeat for 5 to 10 minutes.
- Check in with yourself; if you are still feeling keyed up, repeat the deep breathing until you feel more calm and relaxed than when you began.

**OSCAR** Team Members receive training and materials to lead peers through breathing techniques, progressive muscle relaxation, and grounding techniques. Reach out to your OSCAR Team to lead a small group discussion or to learn more (MCTP 3-30E).