

A photograph of four potted plants arranged in a row against a light gray background. From left to right: a small green cactus in a light blue metal bucket; a taller, spiky cactus in a white ceramic pot; an aloe vera plant in a white ceramic pot; and a succulent in a light blue metal bucket. The title 'Three Helpful Tools' is overlaid on the right side of the image.

# Three Helpful Tools

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Wow – It is A LOT



*AND there are tools to help....*



# What is your one thing.....

1. Breath

2. AND

2. Gratitude

# Let's Breathe



One hand on belly; one hand on chest

Where is your breath??

Just notice

# Fight or Flight / Homeostasis

Autonomic Nervous System – Regulates involuntary body functions

Sympathetic– activates during stressful situation – Perceived treats physical or emotional

(stops all systems used for “non-essential” functions – eating, reproducing, digestion)

- Adrenaline
- Elevated breathing - Shallow breath in upper chest
- Increase heart rate/blood pressure
- Blood to muscles (digestion stops)
- Mind races or hard to think clearly

Parasympathetic – homeostasis – rest, relax, repair – long-term health and balance of body functions

- Reduce heart rate and cortisol levels
- Relaxes muscles
- Energy replenished
- Health digestion
- Organs rest and recover



# Reset with Breath



Breath in the belly – diaphragm relaxed

# AND.....



*Give yourself permission to feel “good” even when things seem really “bad”.*

I am so sad about missing this chance to see my family **AND** it is a beautiful day for a bike ride.

There is so much to do at work that I don't know where to start **AND** I really appreciate my coworkers.

The world seems to be so confusing making me feel unsettled **AND** yesterday I went for a wonderful walk in the woods and met the nicest family out enjoying nature too.



# AND.....



*Lean over to your neighbor and share an AND statement*

# Gratitude

## Every morning – Very First Thing

- Name one thing you are grateful for
- 3 full inhales and exhales
- Inhale longer than the exhale

## Every Evening

- Name three things you are grateful for
- 3 full inhales and 3 full exhales
- Exhale longer than the inhale



# What is your one thing.....

1. Breath

2. AND

2. Gratitude

My gift to you....

Sign up for **FREE**  
Zoom calls with additional tools, tips,  
discussions, practices



Charlyn Reihman

