Focused Breathing

S - Slow down
T - Take a breath
O - Observe bodily feelings, thoughts and possibilities
P - Proceed, considering multiple possibilities

Individuals who practice focused breathing on a daily basis can self-sooth during challenging, stressful situations. Focused breathing allows you to be more calm and understanding of what you can personally control, and you become more capable of making positive choices.

Focused breathing is most effective when children, teens and adults learn, practice and discuss it before encountering an experience where the technique needs to be applied.

It is a good idea to discuss and identify a safety plan where you live, learn, work, and play. A safety plan is helpful for times when you need to separate yourself from the stressor in order to focus on breathing and process your experience. Caring adults can help a child or teen identify people, places and activities to assist with managing emotional and behavioral responses.

When do I get stressed?
- Describe stressful events and situations I may face
- Understand my own emotional and behavioral responses to stress

My safe resources:
- Safe people who can help me
- Safe places I can go to focus on my breathing and calm down
- Safe activities that will help me understand my stress and explore possibilities

Stay connected by following “Post Rock Extension” on social media:

Visit our website: www.postrock.ksu.edu

Nora Rhoades, Youth Development Agent
Email: nrhoades@ksu.edu
To access resources and services made available through K-State Research and Extension please contact Nora or visit any Post Rock District Office.
Making Connections from a Distance

- Establish regular routines for staying connected. Set aside a specific day or time to make contact. Make a consistent effort to keep connection routines, even when life gets busy.
- Take initiative by contacting your loved one. Be the first to make contact.
- Take pictures of special events a family member may have missed and share details with them.
- Brainstorm creative activities together. There are many different ways to be “together” even when you are apart:
  - Read the same book or watch the same movie. Then, spend time discussing it.
  - Play pictionary, charades, tic-tac-toe, hangman, or any favorite game on Zoom.
  - Have the distant family member record stories, songs or special messages.
  - Become pen pals and make memories through mailed letters and care packages.

Sources: Everyday Mindfulness, K-State Research and Extension; Soft Skills are Success Skills, K-State Research and Extension; Loving Long-Distance: Families Separated by Distance, K-State Research and Extension; Mind Matters, Carolyn Curtis, Ph.D. & Charles Stolzenbach, L.M.F.T., The Dibble Institute

“Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”
- National Wellness Institute

---

Six Dimensions of Wellness

- Physical wellness recognizes the need for health, nutrition and physical activity.
- Social wellness emphasizes the value of contributing to your environment and community rather than living an all-about-me lifestyle.
- Intellectual wellness encourages creativity and discovering potential through lifelong learning.
- Spiritual wellness promotes understanding the meaning and purpose of human existence and the alignment of one’s actions with values and beliefs.
- Emotional wellness fosters awareness, acceptance and management of one’s feelings which assists independent ventures and supports meaningful relationships.
- Occupational wellness recognizes the satisfaction gained from work through the application of one’s attitude, skills and talents.

---

Post Rock Extension District

Beloit Office 115 S. Hersey Beloit, KS 67420 (785) 738-3597
Lincoln Office 108 W. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432
Mankato Office 307 N. Commercial Mankato, KS 66956 (785) 378-3174
Osborne Office 113 N. 1st Street Osborne, KS 67473 (785) 346-2521
Smith Center Office 218 S. Grant P.O. Box 287 Smith Center, KS 66967 (785) 282-6823

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact at a Post Rock District Office two weeks prior to the start of the event. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer.