BREATHE.

Try 1-to-2 breathing to reduce stress:

Inhale for a count of 3 or 4 then exhale for a count of 6 or 8. Take 4 breaths this way.

BE WELL.

mit.edu/wellness
E23-205

“Be well” posters are offered by Community Wellness at MIT Medical. We provide expertise, health resources, and programs specifically designed for the MIT community. We also collaborate with our partners to create an environment supportive of health and wellness across the whole Institute.
CONNECT.

Know someone who could use some support?

Take two minutes to call, email, or write. Make the time to stay connected.

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LET GO.

Take a deep breath in.

As you exhale, think of the words: LET GO.

Try taking four let go breaths, lengthening the exhale each time.

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LISTEN.

Take a moment to notice sound.

First, notice any sounds in the distance; then notice those right next to you.

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Interlace your fingers behind your lower back.

Draw your knuckles down toward the floor, relaxing your shoulder blades. Take a breath.

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UNWIND.

Call 617-253-CALM
(MIT Relaxation Line, x3-2256)

This two-minute relaxation practice can help you unwind, take a mental break, or get to sleep.

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