



Wavy Breathing

Embrace the Wave Within!

Goal: Draw the shape of a wave on a piece of paper. Take a deep breath in through your nose as you trace the top of the wave with your finger. Pause for a second at the tip of the wave, then slowly let out the breath through your mouth as you trace the curve of the wave.

[Tip]: Practice wavy breathing often to keep you feeling calm.

Why is this important? Deep, mindful breathing can reduce stress, lower the heart rate, and lessen fatigue.

References: James T. Decker, Jodi L. Constantine Brown, Wendy Ashley & Allen E. Lipscomb (2019) Mindfulness, meditation, and breathing exercises: reduced anxiety for clients and self-care for social work interns, *Social Work with Groups*, 42(4), 308-322, DOI: 10.1080/01609513.2019.1571763