

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.

Find Your Center.

E23-205

UNWIND.

**Call the MIT Relaxation Line:
617/253-CALM (2256)**

A 2-minute relaxation practice
can help you unwind, take a
mental break, or get to sleep.

Find Your Center.

E23-205



Find Your Center is offered by the Center for Health Promotion & Wellness at MIT Medical. The Center provides 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. More info: medweb.mit.edu/wellness



UNPLUG.

Read a good book instead.

Visit the Center for Health Promotion & Wellness library, and check out *Happier* or *Why Zebras Don't Get Ulcers*.

Find Your Center.

E23-205



Find Your Center is offered by the Center for Health Promotion & Wellness at MIT Medical. The Center provides 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. More info: medweb.mit.edu/wellness



CONNECT.

Know someone who could use a few words of support?

Take 2 minutes to call, email, or write. Make the time to stay connected.

Find Your Center.

E23-205



Find Your Center is offered by the Center for Health Promotion & Wellness at MIT Medical. The Center provides 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. More info: medweb.mit.edu/wellness



LISTEN.

Take a moment to notice
the sounds around you.

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

Find Your Center.

E23-205

MOVE.

Try Yoga, Pilates, or Tai Chi.

Visit the Center for Health Promotion & Wellness library, and check out DVDs for all experience levels.

Find Your Center.

E23-205

the center for
**Health
Promotion
& Wellness**
at MIT Medical

Find Your Center is offered by the Center for Health Promotion & Wellness at MIT Medical. The Center provides 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. More info: medweb.mit.edu/wellness

 **MITMedical**

STRETCH.

Interlace your fingers
behind your lower back.

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

Find Your Center.

E23-205

LET GO.

Take a deep breath in.

As you exhale, think of the words: "Let go." Try taking 4 "let go" breaths, lengthening the exhale each time.

Find Your Center.

E23-205



Find Your Center is offered by the Center for Health Promotion & Wellness at MIT Medical. The Center provides 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. More info: medweb.mit.edu/wellness

