



Just Breathe Activity

Focus Area: Well-Being

Objective: To help decrease stress by learning/practicing breathing techniques

Length of Challenge: One week (length of time can be changed)

Materials Needed:

- Sign-Up Sheet/Form (recommended)
- [Personal "Just Breathe" Worksheet](#)
- [Participation Log](#) (Responses are anonymous and go to WFHTN.)
- Prizes (optional)

Directions:

1. Participants will use the personal worksheet to learn/practice daily breathing techniques and keep track of what was completed.
2. Log anonymous participation on the WFHTN [Participation Log](#).

Regional/Satellite Offices & AWS Employees: This activity can be hosted across regional/satellite offices and/or with AWS employees.



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