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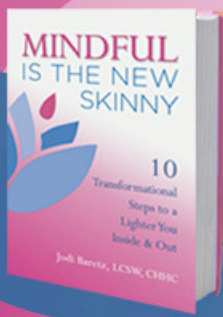
## Exercise: The 4 B's - A Stress Reliever

Whenever you are stressed in the moment, try this exercise.

First, ease the panic by focusing on your breath. This may be difficult at first, so counting inhales and exhales may help. Then notice the thoughts you are having and become curious about them. Is this really true or is there another way I can think about this? Are you stating facts or an opinion? Can you notice them but not get caught up in them?

Next, check in with your feelings. Processing an emotion through the body can help you feel and release it. What do I mean by “processing?” Simply allow the feeling to be there, even though that is the opposite of what your instinct might be. Honor what you are feeling even if you think the cause of your worry may be trivial in the scheme of things. Remember that you cannot help how we feel; you can only help how you think about the situation. So, focus on what you feel in your body, not your thoughts.

Shift out of your head and focus on where the feeling is located based on sensations in your body. Is it in your heart, chest or stomach? Try and describe it. Truly allow it to expand in your body and give it room. It will pass in 90 seconds if you're not “thinking” about the stressor. Finally, begin again. The goal here is to get out of the thinking loop, begin to feel into the body, make room for it, and allow it to eventually dissolve.



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**The 4 B's can help remind you to:**

- 1. Breathe:** Take some deep breaths.
- 2. Brain:** Check in with your brain for thoughts and feelings.
- 3. Body:** Feel it through sensations in your body.
- 4. Begin:** Begin again; repeat until you feel a gentle shift.