

STOP SMILE GO RELAXATION

STOP SMILE GO is a technique that uses diaphragmatic breathing to increase relaxation and mental wellbeing.



- S** = Stop everything you are doing and close your eyes.
- T** = Take 10 slow, deep belly breaths with exhalation longer than inhalation.
- O** = Observe your chest and belly moving.
- P** = Pause, then return to regular breathing.



SMILE - Give a big smile to the universe. A fake smile is totally okay.



- G** = Express Gratitude to your breath - hello Breath, my old friend. Thank you for relaxing me again.
- O** = Open your eyes and get back to what you were doing.



Practice Diaphragmatic Breathing

To begin diaphragmatic or belly breathing, get in a comfortable position, breathe in through the nose and breathe out through the mouth. As you do this, the belly comes out during inhalation and goes in during exhalation.

By the end of this mind-body exercise, you will experience a:

- Reduction in the stress hormone (cortisol)
- Lower heart rate
- Reduction in blood pressure
- Improvement in immune function and insulin signaling
- Strengthening of the prefrontal cortex (CEO of the brain)

Practice this breathing technique once every hour on easy days or longer on more challenging days.

Inspired by Zev Schuman-Olivier MD - STOP ACHE GO • Chacmc.org