



## Pressing Pause: Reducing Stress for Better Health webinar

April 15 at 3:30pm (Pacific)

Join an Omada health coach to improve your quality of life and lower stress levels on a day-to-day basis.

[Register Here](#)

### Start feeling better today:

- ✓ Relax your body
- ✓ Start your breathing
- ✓ Enjoy a healthier happier you!

### 5 steps to deep breathing:

#### Step 1

Relax your body. Find somewhere to sit or lie down comfortably.

#### Step 2

Close your eyes and breathe in slowly through your nose. Feel your breath as it flows in and causes your belly to expand.

#### Step 3

At the end of your breath in, pause for a few seconds, then exhale fully through your mouth.

#### Step 4

It's all about focus. Pay close attention to your breath as it goes in and out of your body.

#### Step 5

Your attention will wander – that's fine – just bring your focus back to your breathing.