

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.



BE WELL.
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"Be well" posters are offered by Community Wellness at MIT Medical. We provide 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.

CONNECT.

**Know someone who
could use some support?**

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



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LET GO.

Take a deep breath in.

As you exhale, think of the words:
LET GO.

Try taking four *let go* breaths,
lengthening the exhale each time.



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LISTEN.

**Take a moment to
notice sound.**

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



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STRETCH.

**Interlace your fingers
behind your lower back.**

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



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UNWIND.

Call 617-253-CALM

(MIT Relaxation Line, x3-2256)

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



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