



TSW TIME OUT

VOLUME 7

TRAUMA SENSITIVE WORKPLACE INITIATIVE

SELF-LOVE SUGGESTION: 4-7-8 BREATHING TECHNIQUE

4-7-8 FOCUSES ON THE IMPORTANT PARTS OF DEEP BREATHING- THE HOLD AND EXHALE. THIS ENGAGES YOUR PARASYMPATHETIC NERVOUS SYSTEM AND CAN SLOW YOUR HEART RATE.

1. INHALE THROUGH YOUR NOSE FOR 4 SECONDS. FILL YOUR LUNGS AND STOMACH WITH AIR.
2. HOLD THE AIR FOR 7 SECONDS.
3. RELEASE THE AIR LIKE YOU'RE BLOWING UP A BALLOON FOR 8 SECONDS.

FAST FACT

- **A 2017 STUDY FOUND THAT AFTER EIGHT WEEKS OF DEEP, SLOW, ABDOMINAL BREATHING, PARTICIPANTS PERFORMED BETTER ON TESTS OF ATTENTION AND HAD FEWER NEGATIVE EMOTIONS (WEBMD EDITORIAL CONTRIBUTORS, 2023).**

PEER SUPPORT IS FOR YOU!

PEER SUPPORT GROUPS HAVE STARTED ACROSS THE STATE! PEER SUPPORT GROUPS ARE DRIVEN BY YOU, FOR YOU! THESE GROUPS HAVE PROVIDED A SAFE PLACE FOR PEERS TO CONNECT WITH EACH OTHER AND DISCUSS THINGS WITH OTHERS WHO TRULY UNDERSTAND THEM.

Peer support is here!!

[Click here](#) to see the peer support group schedule! Social service managers- contact us to get a date set up for your district at TSW@marshall.edu!



[CLICK HERE TO CHECK OUT A VIDEO ON UNDERSTANDING PEER SUPPORT](#)

We're Here for YOU!

Contact us for support and more resources to address Secondary Traumatic Stress and Vicarious Trauma. Be on the lookout for future trainings and newsletters! Email us at: TSW@Marshall.edu