



Good Morning all,

**Our office will be participating in Well-U's *Breathe Deep* challenge from \_\_\_\_\_!**

### ***Breathe Deep Debrief***

Slow down and take some time for yourself for a chance to win prizes! Anyone who signs up for this challenge will receive a set of Well-U earplugs to keep out the noise while breathing deeply twice a day or more.

Here's how it works:

- Reply to this email and receive your Well-U Starter Kit (Well-U earplugs and a Record Keeping Card).
- On the start date, mark off on the [Well-U Breathe Deep Record Keeping Card](#) the total minutes that you sat quietly and focused on your deep breathing.
- Once the challenge period is over, you'll send your card and/or total minutes per day to \_\_\_\_\_. It's that simple!
- Prizes will be awarded to the top three individuals on \_\_\_\_\_ and will include a variety of fun and exciting surprises! Note: In the event of a tie, a raffle made up of the top individuals will determine the winner.

### ***How to Get Relief***

It only takes a few minutes. Insert your Well-U earplugs and try counting to 4 as you breathe in with your eyes closed. Hold for 4 counts. Breathe out for 4 counts. Hold for 4 counts. Repeat 4 more times. Relax your body as you breathe. Time that is NOT included: Driving, walking while listening to music, podcasts, etc., any time or activity that you are not totally focused on your breathing.

### ***Breathing Belief***

Mayo Clinic-[Decrease Stress By Using Your Breath](#).

### ***Are You the Chief?***

To participate in Well-U's *Breathe Deep* Challenge, respond to this email by \_\_\_\_\_, then start tracking your deep breathing minutes the morning of \_\_\_\_\_! All University of Rochester employees can participate.

### ***What If I have (Vacation) a Time Thief?***

You can still participate! Just be sure to track your minutes and submit your number by \_\_\_\_\_ to \_\_\_\_\_.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).

