

Webinars



Webinar Toolkit: April 2022

“ Breathing Techniques to Reduce Stress and Anxiety, Enhance Concentration and Balance Emotion”

Your Facilitator



Lesa Burger

Executive Coach and
Advanced Breathwork
Practitioner

Webinars

kaelo

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

Biological factors, such as genes or brain chemistry

Life experiences, such as trauma or abuse

Family history of mental health problems

Early Warning Signs that Something is Not OK

Eating or sleeping too much or too little	Pulling away from people and usual activities	Having low or no energy	Feeling numb or like nothing matters	Having unexplained aches and pains
Feeling helpless or hopeless	Smoking, drinking, or using drugs more than usual	Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared	Irritability, yelling or fighting with family and friends	Experiencing severe mood swings that cause problems in relationships
Having persistent thoughts and memories you can't get out of your head	Hearing voices or believing things that are not true	Thinking of harming yourself or others Suicidal thoughts	Inability to perform daily tasks like taking care of your kids or getting to work or school	Dramatic appetite changes resulting in either weight gain or loss
Loss of pleasure in hobbies and activities that were once enjoyed including sex				



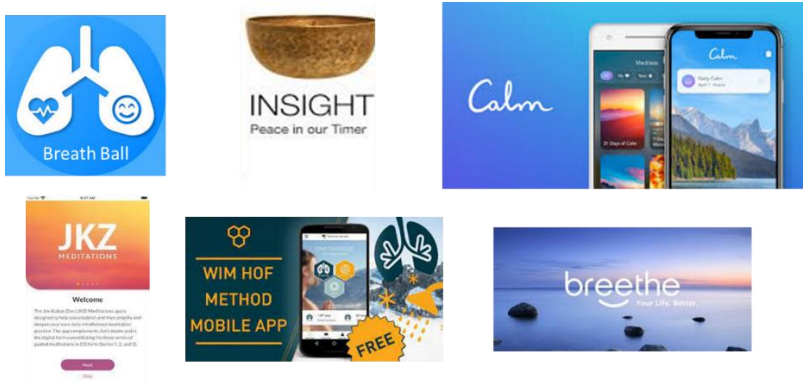
Ways to Cultivate Mental Wellness

Getting professional help if you need it	Connecting with others	Cultivating a growth mindset	Taking time for yourself	Getting physically active
Helping others	Getting enough sleep	Eating a healthy diet	Drinking enough water daily	Being in nature – 10 minutes of sunshine per day
Meditation / Prayer / Mindfulness Practice	Journaling	Getting a life coach	Seeing a therapist	Doing something creative
A Gratitude practice		Deep belly breathing exercises		

Watch our webinar to find out more about to find out more about the following breathing techniques which may guide you:

1. Coherent Breathing
2. Box Breathing
3. The 4-7-8 Technique
4. Breath of Fire or Warrior Breath
5. 20 Connected Breaths

Some suggested Apps worth downloading:



Webinars



Thank you for joining the session!

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website:

<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

Up next month:



Mindfulness for Stress Management, Easing Anxiety

Tuesday, 10th May at 2pm

Register on:

<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

Your Facilitator



Lesla Burger
Executive Coach and
Advanced Breathwork
Practitioner