

What is your current stress level 1 to 10?



Self-Care is Not Selfish Making Wellness a Priority

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Today's Agenda

- Unlocking Tranquility with Box Breathing
- Wellness Resources at Rutgers
 - Wellness Wednesdays from Rutgers Cooperative Extension
 - LinkedIn Learning Courses on Self Care
- More Tools for Wellness/Hobbies
- Your Suggestions?

Rutgers University Women+ in Technology Group

Our Mission

Rutgers Women+ in IT's mission is to empower women and underrepresented groups to reach their potential in all levels of their career. We strive to embrace diversity and to support learning and community through:

- Social, educational, and networking events with the Rutgers community and beyond with a focus on Diversity, Equity and Inclusion (DEI);
- Fostering coalition building, collaboration, and supportive relationships for all across Rutgers and the community.



Unlocking Tranquility with Box Breathing

Box breathing, also known as square breathing, is a powerful mindfulness technique that helps regulate and control your breath for enhanced relaxation and focus.

What is Box Breathing and what are the benefits?

- **Core Concept:** Box breathing involves a simple, structured pattern of inhaling, holding the breath, exhaling, and holding again, all for equal counts.
- **Common Counts:** Typically, practitioners use a 4-4-4-4 pattern (inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds).
- **Stress Reduction:** Activates the parasympathetic nervous system, reducing stress and anxiety.
- **Improved Focus and Concentration:** Enhances mental clarity and concentration by calming the mind.
- **Better Sleep:** Aids in promoting relaxation before bedtime, improving the quality of sleep.
- **Emotional Regulation:** Helps in managing emotions and promoting a sense of emotional balance.

How to Practice Box Breathing

Find a Comfortable Position:

Sit or lie down comfortably with your back straight.

Focus on Posture:

Relax your shoulders and place your hands on your lap.

Inhale Slowly:

Inhale deeply through your nose, counting to four.

Hold Your Breath:

Hold your breath for a count of four.

Exhale Completely:

Exhale slowly and completely through your mouth for a count of four.

Pause Again:

Hold your breath for another count of four.

Repeat:

Continue the cycle for a few minutes.

Now let's practice



What is your current stress level 1 to 10?



Has it changed from the beginning of our session?

Wellness Resources at Rutgers



Rutgers Cooperative Extension



Rutgers Cooperative Extension, a unit of the New Jersey Agricultural Experiment Station

Beyond our campuses, there is a large component of Rutgers that is solely dedicated to serving the needs of NJ residents, Rutgers Cooperative Extension.

Contact your county office (njaes.rutgers.edu/county/) for local programming in the areas of:

- **4-H: Youth Development** - County Fairs, 4-H Camp, and Clubs
- **Agriculture and Natural Resources** - Agricultural Agents, Rutgers Master Gardeners, Environmental Stewards
- **Family & Community Health Sciences** - Health and Nutrition Education in Schools and Communities, virtual Wellness Wednesdays

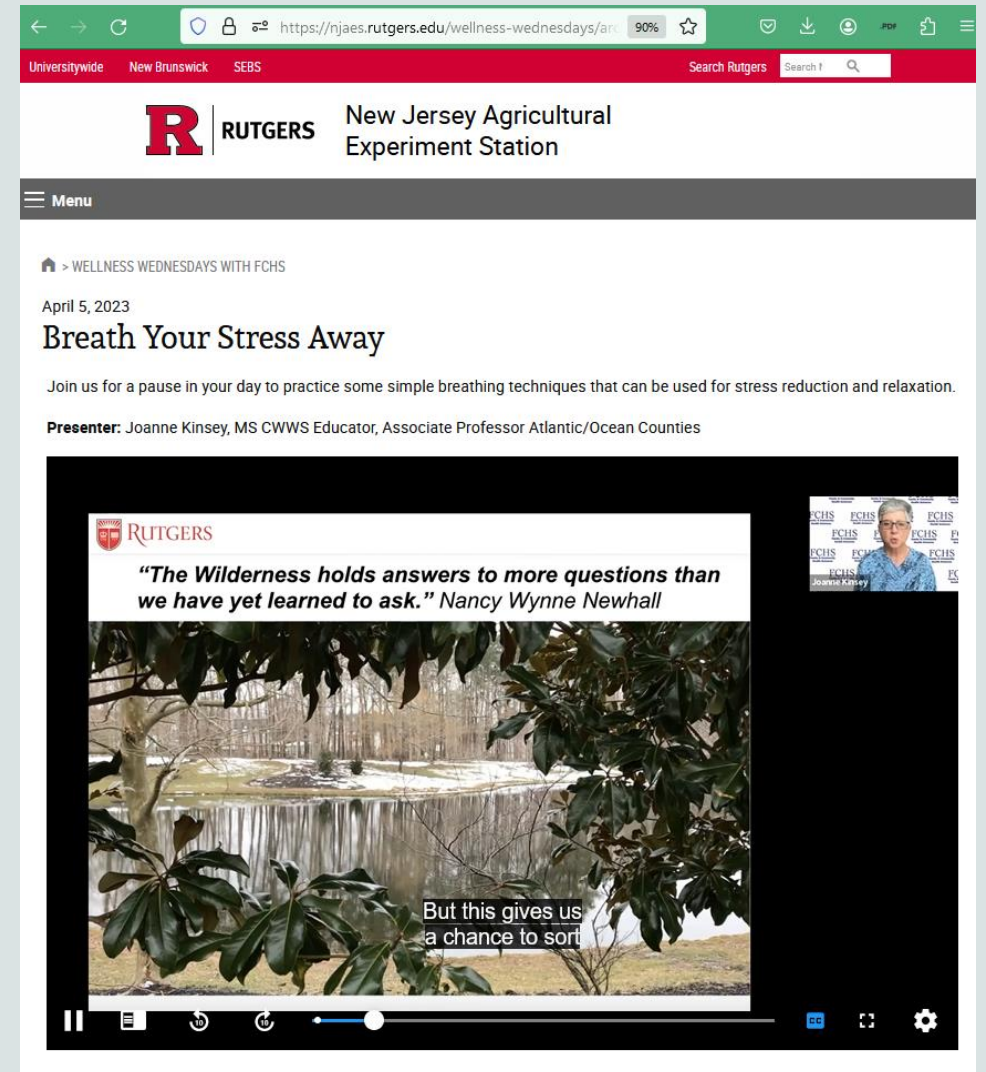
Wellness Wednesdays with FCHS

An initiative begun by Dept. of Family & Community Health Sciences during the pandemic, Wellness Wednesdays webinars (Free, approx. 45 minutes) focus on a variety of topics related to food, nutrition, and healthy lifestyles. For upcoming webinars March-May 2024 and the webinar archive, see:

njaes.rutgers.edu/wellness-wednesdays/

Selected Titles Under Mindful Living Strategies archive:

- Breath Your Stress Away
- Mindful Meditation and Stress Reduction
- Stress and Health: Finding Ways to Cope



The screenshot shows a web browser displaying a page from njaes.rutgers.edu. The page is titled "Breath Your Stress Away" and is dated April 5, 2023. The presenter is Joanne Kinsey, MS CWWS Educator, Associate Professor Atlantic/Ocean Counties. The main content is a video player showing a scenic view of a pond with trees and a quote: "The Wilderness holds answers to more questions than we have yet learned to ask." Nancy Wynne Newhall. The video player has a play button, a progress bar, and a settings icon. The Rutgers logo and the text "New Jersey Agricultural Experiment Station" are visible at the top of the page.

Breath Your Stress Away

Presenter: Joanne Kinsey, FCHS Educator, Atlantic/Ocean Co.

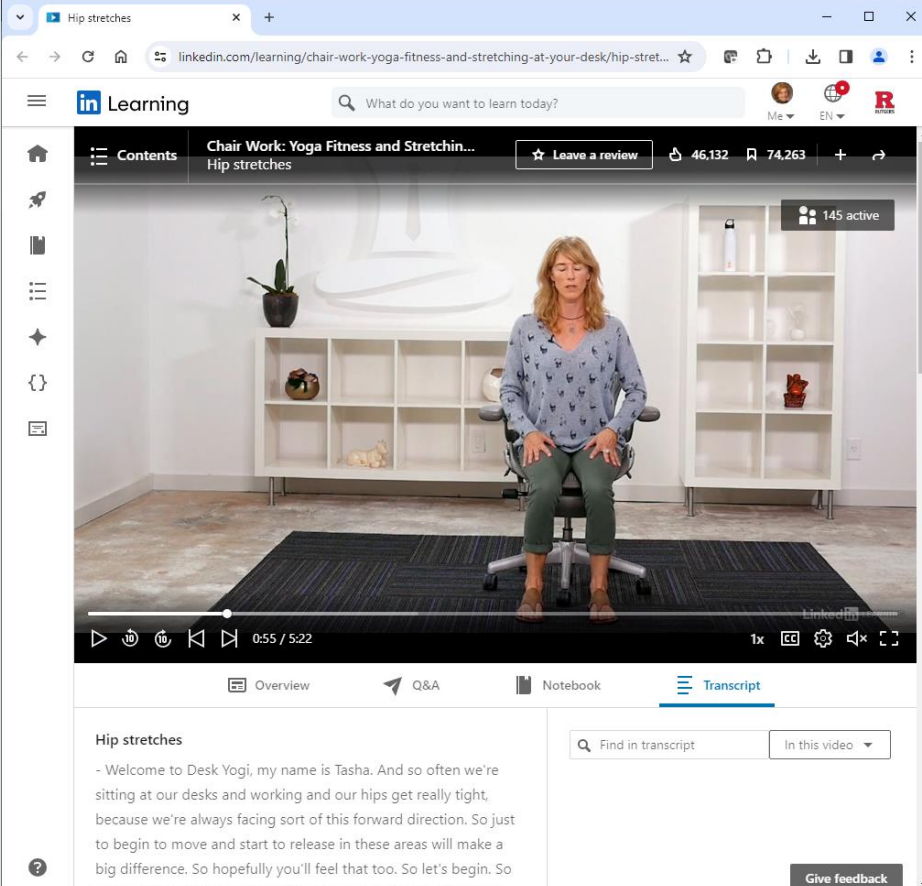
LinkedIn Learning Video Tutorials

LinkedIn Learning features thousands of video tutorials and training resources about business, technology, and creative skills; but stress management and healthy work life. Rutgers provides free access to LinkedIn Learning for active faculty, staff, students, and affiliates. (NetID required)

it.rutgers.edu/linkedin-learning/

Selected Titles under Stress Management

- [Chair Work: Yoga Fitness and Stretching at Your Desk](#)
- [Train Your Brain to Unwind Stress and Anxiety Habits](#)
- [Mindful Stress Management](#)
- [Essentials of Mindfulness and Compassion with Scott Shute](#)



The screenshot shows a web browser window displaying a LinkedIn Learning video. The video player is titled "Chair Work: Yoga Fitness and Stretching at Your Desk" and the current video is "Hip stretches". The video shows a woman sitting in a chair in a room, demonstrating hip stretches. The video player includes a progress bar, a search bar for the transcript, and a "Give feedback" button. The transcript text is partially visible: "Hip stretches - Welcome to Desk Yogi, my name is Tasha. And so often we're sitting at our desks and working and our hips get really tight, because we're always facing sort of this forward direction. So just to begin to move and start to release in these areas will make a big difference. So hopefully you'll feel that too. So let's begin. So you're just seated on your chair and you're going to ease your".

Chair Work: Yoga Fitness and Stretching at Your Desk

More Tools



More Tools for Your Hobbies

- **Rutgers Master Gardeners Gardener Helpline** - get advice on your garden or yard
njaes.rutgers.edu/master-gardeners/helplines.php
- **Goodreads (Amazon subsidiary)** - allows you to track and rate your books (read, want to read, currently reading, and more). It has an optional social component to follow friends' reading and giveaways.
www.goodreads.com/
- **Bookbub** - Amazing deals on eBooks <https://www.bookbub.com/>
- **Plot a Route** - free route planning site (run, walk, cycle)
www.plotaroute.com/

STANDARD Route Planner

LOCATE MAP Search map

AUTO PLOT OFF BY ROAD ON FOOT BY BIKE

MAP TYPE STREET MAP

0.714 miles

Lat: 40.522877, Long: -74.430807

Lynton Residence Hall North & South Towers

Livingston Dining Commons

James Dickson Carr Library

Tillett Hall

Livingston Residential Unit 3 Building 3 (Quad 3 H31-H32)

Livingston Residential Unit 1 Building 1 (Quad 1 H13-H15)

Livingston Residential Unit 1 Building 1 (Quad 1 H16-H17)

Livingston Residential Unit 2 Building 1 (Quad 2 H21-H28)

Livingston Residential Unit 3 Building 1 (Quad 3 H33-H37)

Livingston Student Center

Rutgers Livingston Day Care School

Rutgers Makerspace Livingston

Livingston Gymnasium

Livingston Solar Array Farm

CR 701 Avenue E

Joyce Kilmer Avenue

Road 3

Road 2

Rockefeller Road

Berrue Circle

Smalley Cemetery

Livingston Ecological Preserve

Red Green

50 m 200 ft

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- PRINT
- SHARE
- D'LOAD
- CLEAR

Your Suggestions?



To learn more about the Women+ in Technology Group

Rutgers Women+ in Technology

<https://wit.rutgers.edu/>

To receive our newsletter, or if you have any questions please reach out

<https://wit.rutgers.edu/contact/>

BTAA Women+ in Technology

<https://btaa.org/technology/big-ten-academic-alliance-women-in-technology-group>