



## SAMARITAN CENTER



Change Lives

### Breathing for Stress Relief

#### Notes On Breathing

by Kim Layne, LAc

Breathing is something we take for granted until we have difficulty doing it.

When you look a little deeper at what's happening in our bodies when we inhale and exhale, you see it's a **dynamic and complex process** that involves much more than just our lungs. It also reveals just how impacted we are by our environment.



Pressure changes outside of us and within us cause us to breathe in and then breathe out. Gases are exchanged, many different muscles expand and contract – it's a whole thing.

This incredible process is in the wheelhouse of our autonomic nervous system, which means it normally all goes on **without us ever having to think about it**. Amazingly, though – and this is such a gift – it is also within our conscious control. More on that shortly.

Our breathing is both impacted by and impacts our sympathetic (aka, fight/flight/freeze) and parasympathetic (aka, rest/digest) nervous systems. **Most healthy adults breathe an average of 12-16 breaths per minute.**

Many of us healthy adults, however, spend much of our days involuntarily holding our breath. Why?

[Read the rest of Kim's blog here](#)

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### You're Invited to the Virtual ATX Veterans Ball

Friday, March 5, 2021, 7:00pm

RSVP

The 4th Annual ATX Virtual Veterans Ball, presented by PCSI, raises awareness and garners support for the mental health needs of veterans and military families in Central Texas. This year's gala will be a one-of-a-kind



March 5, 2021, 7:00pm

Benefiting mental health  
programs and services for  
children, families, and  
veterans.

Register at:  
[Samaritan-Center.org/veterans-ball](https://Samaritan-Center.org/veterans-ball)

virtual event raising funds to support Samaritan Center's no-cost and low-cost mental health services.

There are [sponsorship levels](#) to fit every business and individual. One perk of sponsoring our 4th Annual ATX Veterans Ball is a 'Party-In-A-Box' to host a small, socially distanced watch party at your home.

Thank you to our loyal sponsors.

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For more info, please contact [jenny@samaritan-center.org](mailto:jenny@samaritan-center.org) or call (512) 451-7337, ext. 212.

[Purchase Tickets](#)

## Meet An Advisory Board Member

### Colonel John (Jack) H. Crownover III, USAF (Ret)

Jack has over 40 years of executive, operational, and staff leadership experience in large global organizations. His positions include senior executive of a major military/civilian airport, **Director of Housing for the US Department of Defense**, **Director of Quality** for worldwide air transportation organization, and a Principle with a large international management-consulting firm prior to forming JH Crownover Consulting, LLC.

Jack graduated from Washburn University with a Bachelor's in Business Administration. He received a Master's in Management & Supervision from Central Michigan University and has 30 hours of post-graduate work. He is also a graduate of the **US Air Force War College** and the **US Army Command and General Staff College**.

During his 26 years in the US Air Force Jack flew **C-130, C-141, C-5, and CT-39 aircraft** throughout the world including a tour of duty in Vietnam (1969-1971) and he was the **Base Commander of Charleston AFB, SC** during Desert Shield and Desert Storm operations in Kuwait and Iraq.



He was a member of the Samaritan Center Board of Trustees for 7 years and is currently on the Advisory Board.

## 2021 Groups & Wellness Classes



### Discovering Gratitude & Self-Care Practices: A Group for Women to Nourish Mind, Body, & Spirit - \$10/class or FREE to veterans/family members with proof of eligibility

Mondays, 5:00-6:00PM via Zoom

[Learn more](#)



### Healing Trauma: Group for Veteran Survivors of Military Sexual Trauma - FREE

Wednesdays, 4:30-5:30PM via Zoom

[Learn more](#)



### Veterans Helping Veterans: Wellness & Resilience Group for Veterans - FREE

Wednesdays, 6:00-7:00PM via Zoom

[Learn more](#)



### Pilates - FREE

Fridays, 2:30-3:30 PM via Zoom

[Learn more](#)

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### Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

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