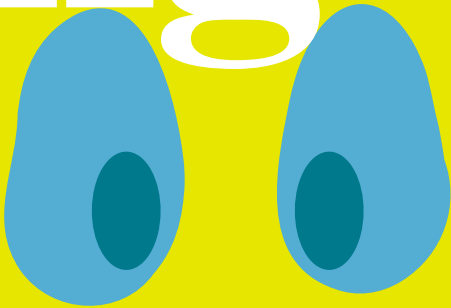


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Are you breathing yet?

Give yourself rest and reassurance

- Breathe consciously in and out through the nose, this gets energies flowing and calms your nervous system.
- Belly breathing: Place your hands on your belly, close your eyes and breathe deeply into your belly and out again. Feel how your abdominal wall rises and falls.
- Breathe out longer than you breathe in, this relaxes you. Counting helps, e.g., count to 4 when exhaling, then inhale for a shorter time, e.g. count to 3. Increase and breathe out for twice as long as you breathe in, e.g., out for 6, in for 3.

• Count breaths: When you reach 10 breaths, or get distracted, start over.

Give yourself concentration

- Place your hands in your lap, lightly touching all of your fingertips together. Inhale deeply and exhale slowly. Formulate a positive affirmation for yourself, such as "I am calm."
- Box Breathing: Breathe in through the nose, count to 4, hold your breath, count to 4, breathe out through the nose or mouth, count to 4, stay in the emptiness of breath, count to 4. Repeat this breathing cycle a few times.

Tips:

Reconnect with your breath in everyday life.
Be aware of it. Feel that you are calmly inhaling and exhaling through your nose.