



Breathing Exercise

Sit up straight.

Put your hands on your lap, palms facing up.

Loosen your shoulders, your face muscles, your belly.

Close Your Eyes.

From your belly, breathe in deep for a count of 4.

1 2 3 4

Hold your breath in for a count of 4.

1 2 3 4

Breathe all the way out for a count of 4.

1 2 3 4

When you're stressed, anxious or overwhelmed, stop for a few moments and do this exercise.

It relaxes you and restores balance.

*If for some reason you feel slightly light-headed, resume normal breathing and put your head down, chin to chest. It should pass within a few seconds.