

STRESS RELIEF BREATHING

- **Place your hands on your belly. If you're comfortable with it, close your eyes**
- **Breathe in through your nose, hold for a moment, breathe out through your mouth**
(If you can, make the exhale longer than the inhale)
- **Feel the belly extend on the inhale and move back toward your spine on the exhale**
- **Repeat 4 times**
- **Close your mouth and continue breathing in and out through your nose**
- **Try to keep your breathing even - long slow inhale, long slow exhale**
- **Notice how your body feels. Where do you feel the tension?**
Belly - Shoulders - Back - Neck - Eyes - Face - Jaw
- **Breathe into where you feel the tension and visualize breathing the tension away**
- **When you feel ready, open your eyes and be grateful you're taking the time to take care of yourself**

You can't think away stress and anxiety

Relax your breath and you can relax your mind

Be compassionate with yourself - you're doing the best you can