RELIEVE STRESS THROUGH THE BREATH
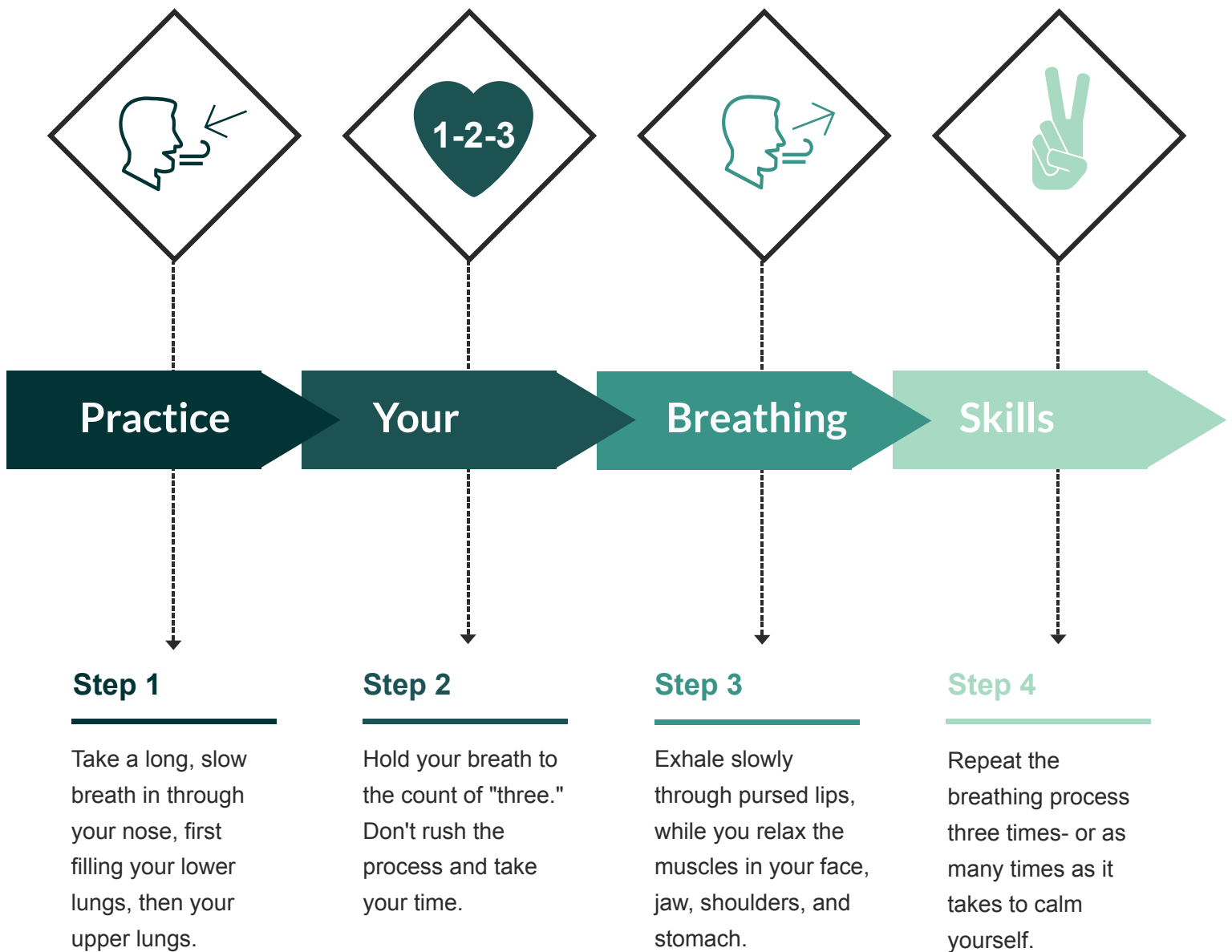
Practice → **Your** → **Breathing** → **Skills**

Step 1
Take a long, slow breath in through your nose, first filling your lower lungs, then your upper lungs.

Step 2
Hold your breath to the count of "three." Don't rush the process and take your time.

Step 3
Exhale slowly through pursed lips, while you relax the muscles in your face, jaw, shoulders, and stomach.

Step 4
Repeat the breathing process three times- or as many times as it takes to calm yourself.

1-2-3

LiveWell
by BF&M