calming breath exercise
A 3-STEP PROCESS

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

2. Pause. Hold your breath to the count of "three."

3. Exhale slowly through your lips, while you relax the muscles in your face, neck, jaw, shoulders, and stomach. Repeat steps until you've reached a calm state.

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