

A Safe **Breathe** PLACE TO

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Stress Management Solutions for those overworked and Overwhelmed with Life circumstances

Relaxation Therapy

Improve the quality of life

Meditation & Movement

Wellness Coaching & Lifestyle Medicine



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meditation

Silence



Meditation

- Process of training your mind to focus and redirect your thoughts.
- Increase awareness of yourself & surroundings
- Reduce stress
- Develops concentration improves positive mood & outlook
- Promotes healthy sleep patterns
- Increase pain tolerance

Alternative Approach to Stress Reduction

- It is an alternative approach that can work in addition to or sometimes instead of first-line interventions of medication and talk therapy.



Stillness
Silence
Serenity



Citations

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