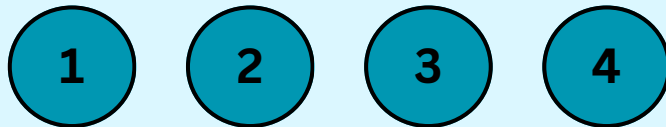


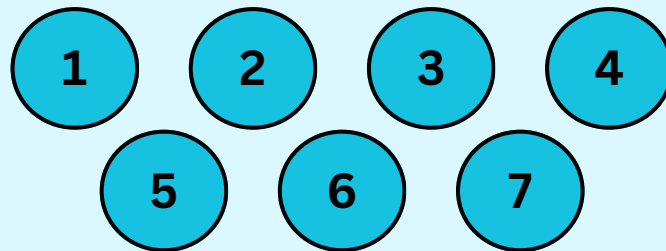
4-7-8 Breathing Technique

while you are doing this exercise, count the dots slowly in order to help you time your breathing

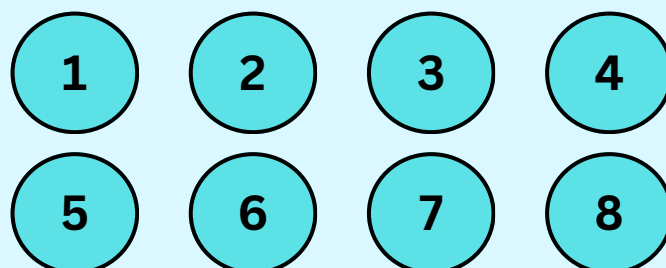
Breathe In Through Your
Nose For 4 Seconds



Hold Your Breath

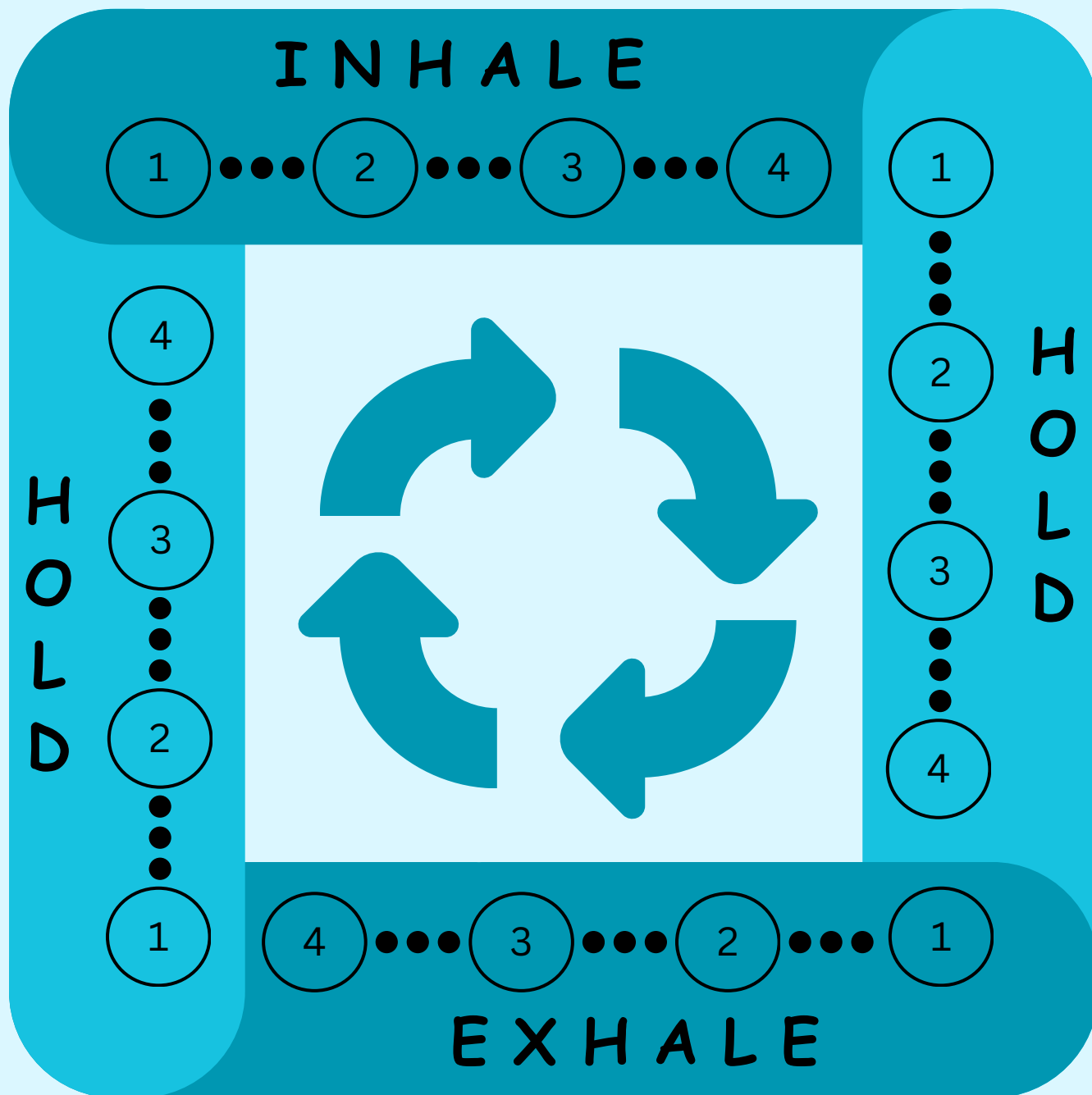


Breathe Out Through Your
Mouth For 8 Seconds



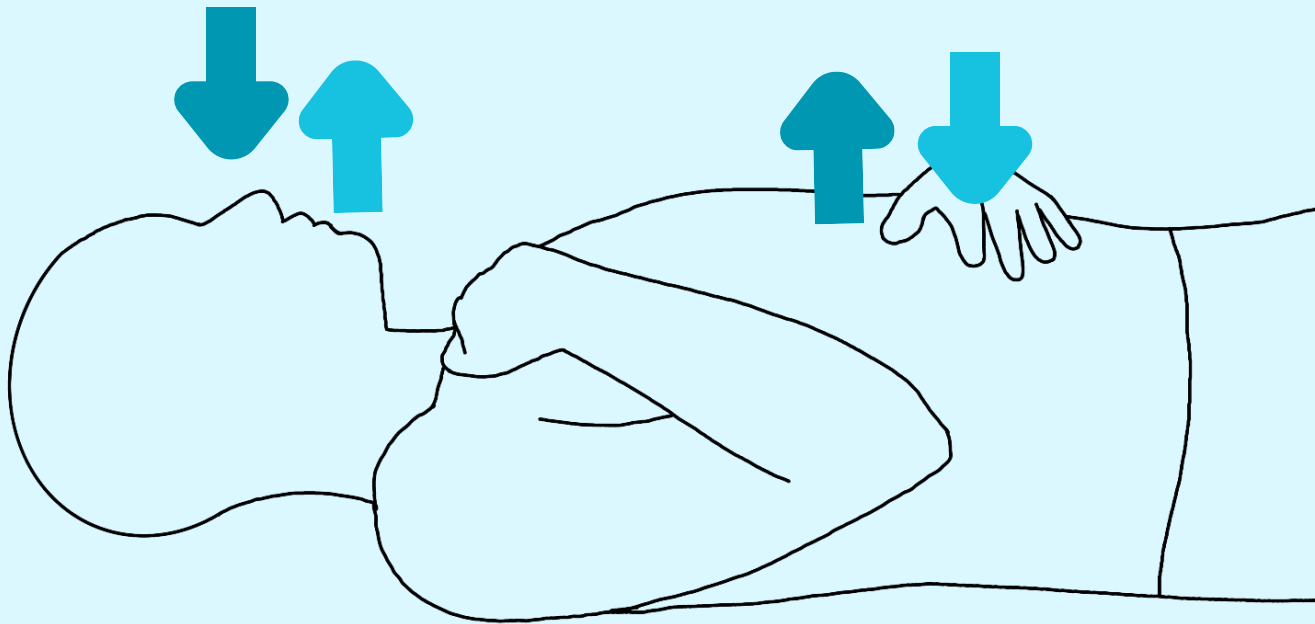
Box Breathing Technique

while you are doing this exercise, count the dots slowly in order to help you time your breathing



Belly Breathing Technique

1. Lie Flat On Your Back
2. Place One Hand On Your Upper Chest And The Other Hand On Your Belly
3. Breathe In Through Your Nose
4. Breathe Out Slowly Through Your Mouth



while you are doing this exercise, you should feel your stomach get bigger as you breathe in and get smaller as you blow air out