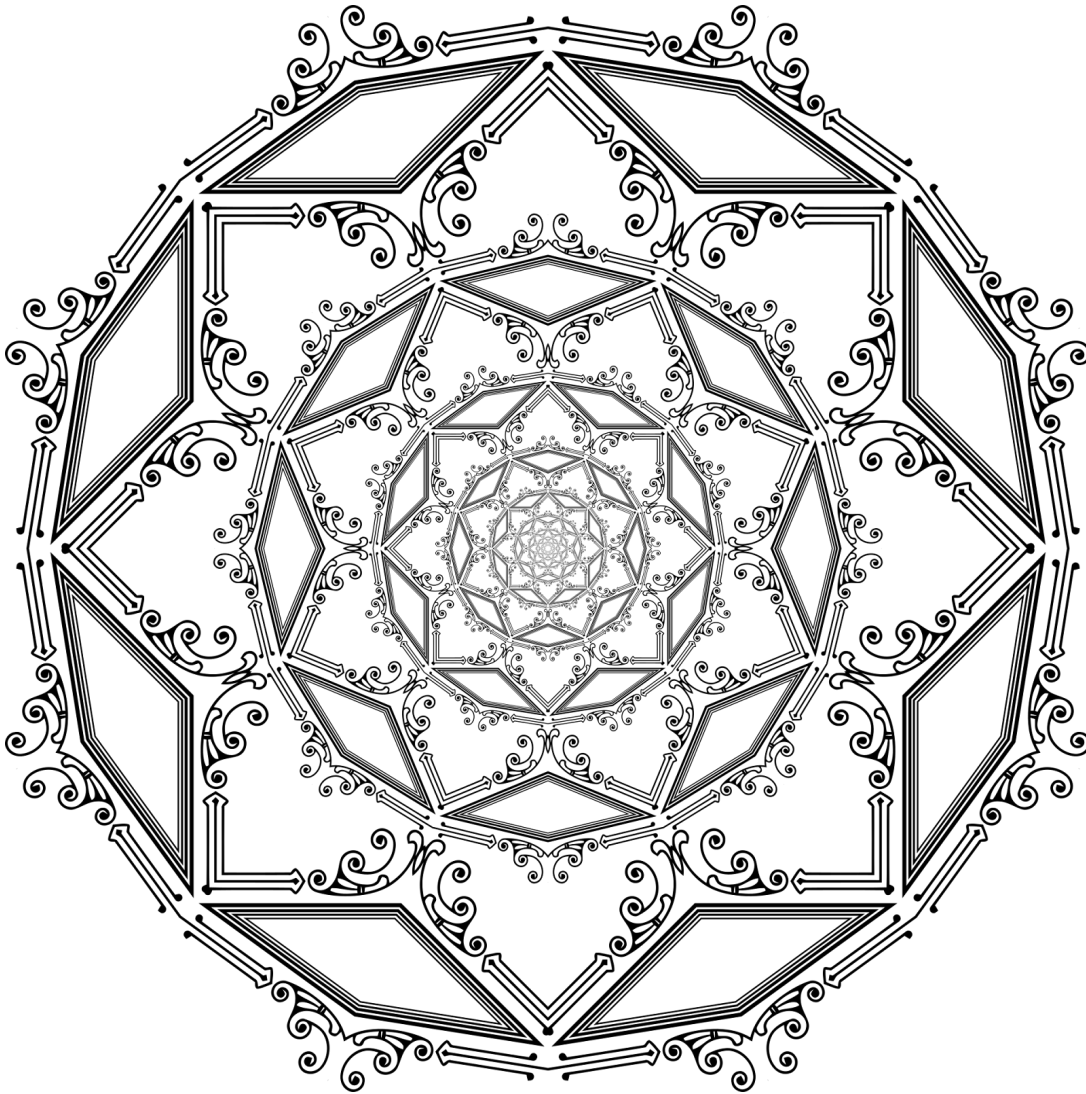


Just Breathe²⁰

Take three slow, deep breaths...

- ...in through the nose, slowly...
- ...and out through the mouth, pursed lips, like you're blowing through a straw.



²⁰ GDJ. (n.d.). mandala-5007631_1920. pixabay. <https://bit.ly/3C2wXrQ>; Balasubramanian, S., Mueller, M., Madiseti, M., Hendrix, K., & Kelechi, T. J. (2023). Self-administered gentle yoga and yoga breathing intervention improves burden and stress biomarkers in caregivers of persons living with dementia. *International Journal of Yoga Therapy*, 33(2023).