

5 Count Belly Breathing:

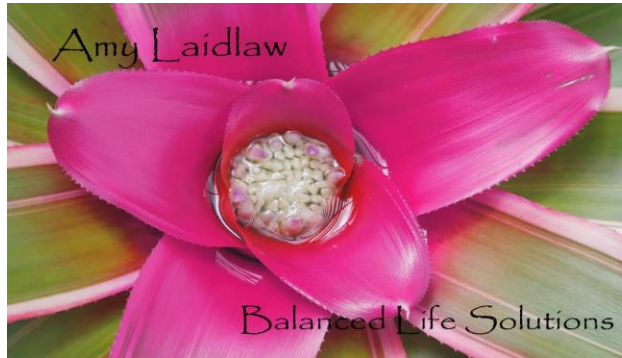
This can be helpful for anxiety, depression, panic attacks, stress, discomfort, headaches, pain, etc. You may need to do this more than just one time as needed for relief of symptoms. It is also helpful to do this if you get a negative thought or emotion in your mind. Please try to do this within 60 seconds of the negative thought or emotion. Then cover that negative thought or emotion up with a positive picture or emotion such as a beach scene or a sunset.

Slowly inhale through your nose with your mouth closed for five counts. Slowly hold the breath in for five counts. Then, slowly exhale for five counts. Do this five times; or, repeat again if necessary.



Blessings & Abundance

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Life solutions for your Heart and Soul