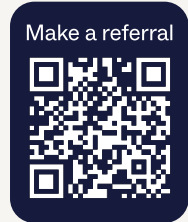
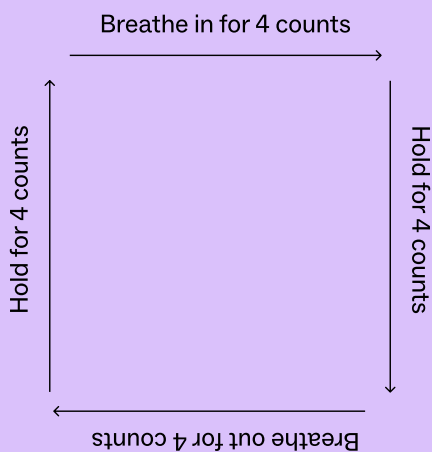


Stress-Soothing Deep Breathing Exercises



Box breathing



Belly breathing

- Sit or lie down, placing one hand on your chest and the other on your belly
- Breathe in slowly through your nose, letting your belly rise while keeping your chest still
- Exhale slowly through your mouth, letting your belly fall while keeping your chest still
- Repeat until you feel relaxed

4-7-8 breathing

Inhale for 4 counts
1 · 2 · 3 · 4

Hold for 7 counts
1 · 2 · 3 · 4 · 5 · 6 · 7

Exhale for 8 counts
8 · 7 · 6 · 5 · 4 · 3 · 2 · 1

Star breathing

