

Remember to breathe

WHEN FEELING STRESSED,
OVERWHELMED,
FRUSTRATED OR ANXIOUS.

Benefits

1. CALMS THE MIND.
2. REDUCES STRESS.
3. INCREASES FOCUS AND AWARENESS.
4. PROMOTES BETTER DECISION MAKING.

Grounding Breath Exercise

1. INHALE DEEPLY FOR 4 COUNTS.
2. HOLD YOUR BREATH FOR 4 COUNTS.
3. EXHALE SLOWLY FOR 4 COUNTS.
4. REPEAT 4-6 TIMES.

Gratitude Practice

1. AFTER YOUR FINAL EXHALE, KEEP YOUR EYES CLOSED.
2. BRING TO MIND ONE THING YOU ARE GENUINELY GRATEFUL FOR TODAY. IT COULD BE AS SIMPLE AS A SUNNY DAY OR A KIND GESTURE FROM SOMEONE.
3. ALLOW YOURSELF TO FULLY FEEL THE WARMTH OF GRATITUDE IN YOUR HEART.
4. SILENTLY EXPRESS THANKS
5. GENTLY OPEN YOUR EYES, CARRYING THAT FEELING OF GRATITUDE WITH YOU.

"Embrace the present.
Your breath is your
anchor"