MINDFUL BREATHING

Become more aware of your breathing throughout your day

1. Sit comfortably with spine long

Roll your shoulders back a few times to relax

2. Breathe in slowly through your nose for a count of 5

Guide the air down into your belly.

3. Pause for a count of 3

Relax your body

4. Exhale slowly through your nose for a count of 8

Exhale slowly, with control

5. Pause at the bottom of your exhale for a count of 3

Repeat these steps at least 5 times

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