

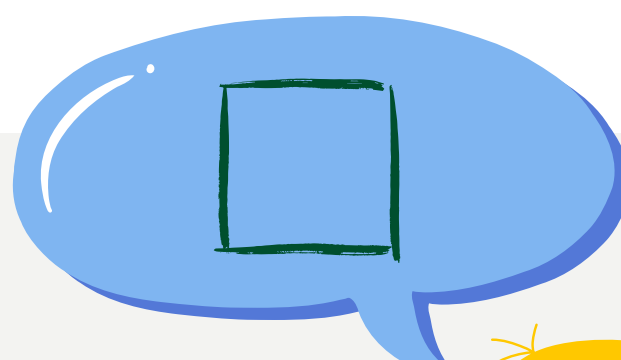
TIPS for...

BREATHING

to reduce
negative emotions

Breathing...

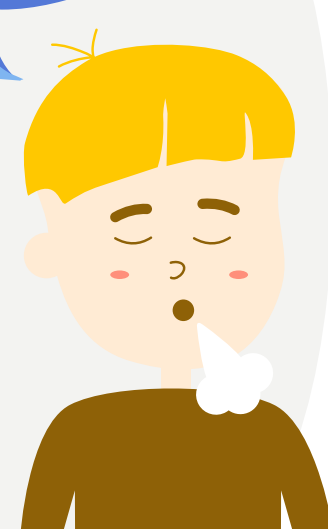
- Can make you feel more calm and help with anxious feelings
- Can help you feel balanced by calming your mind and your body
- Is good for your health and lungs
- Can help you feel better when you are sad or stressed or angry or scared or if you're feeling a bit out of control



Box Breathing

How to:

1. Imagine a box
2. As you imagine going up the left side, breathe in through your nose for 4 seconds
3. As you imagine going across the top, hold your breath for 4 seconds
4. Breathe out through your mouth for 4 seconds as you imagine going down the right side
5. Hold for 4 seconds as you imagine going across the bottom



Slow Breathing

How to:

1. Breathe in through your nose for 2 seconds
2. Hold for a moment
3. Breathe out through your mouth for 4 seconds
4. Hold for a moment



Humming Bee Breathing (Bhramari Pranayama)

How to:

1. Sit up straight
2. Close your eyes
3. Place your fingers over your ears so everything is quiet
4. Take a deep breath in through your nose
5. When you breathe out, keep your mouth closed and let out a "Hm" sound that sounds like a bee humming. Your nose should vibrate a little

Diaphragmic Breathing

How to:

1. Lay on your back and bend your knees with your feet flat on the floor or sit up straight and cross your legs
2. Close your eyes
3. Place one hand on your chest and one on your stomach
4. Breathe in through your nose for about 2 seconds
5. Breathe out through your mouth while gently pressing on your stomach

