

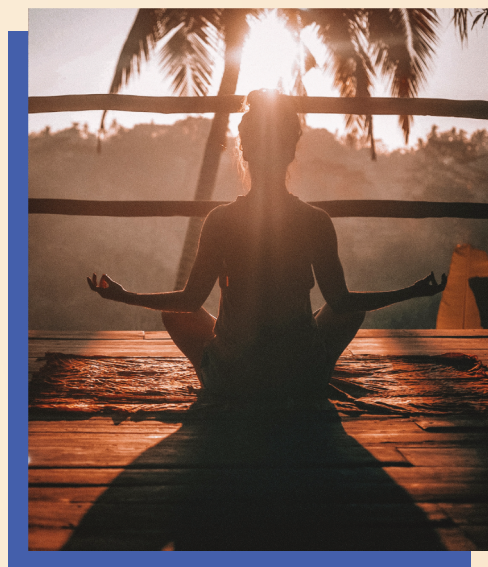
A BREATHING TECHNIQUE TO HELP YOU DE-STRESS AND FOCUS

Did you know that we possess a powerful weapon within us to fight stress? Through this innate ability, we can find stillness, achieve relaxation, and clear our minds. Can you guess what it is?

This natural ability is our breath. The air in our lungs can help us address stress in a healthy way. It also lessens our anxiety and helps us focus. Some say that it even helps them get better sleep.

FOLLOW THESE STEPS TO HARNESS YOUR BREATHING TECHNIQUE TO HELP YOU DE-STRESS:

1. Settle in a comfortable position, with your feet resting on the floor and your hands on your lap.
2. Close your eyes.
3. Take deep breaths.
4. Inhale through the nose for 3 counts
5. Exhale through your mouth for 4 counts.
6. Allow you breath to find its natural rhythm as you breathe through the nose and exhale through the mouth.
7. Repeat as needed.



Breathing techniques are just some of the things you'll learn at Toduguam CARES Movement. We have programs to help you cope and develop resiliency, which is a useful trait in these challenging times.

You can use this exercise when you're feeling tense or having a hard time focusing. Download this so you can come back to it later, or send it to a friend who will find this useful.