

Breathe deep. Stress less.

Want to de-stress?
It can be as easy as taking a few deep breaths.



8. Repeat until you feel better



1. Put your hands on your stomach



7. Notice your body relaxing



2. Breathe in slowly through your nose



6. Imagine stress leaving your body with your breath



3. Feel your lungs filling with air



5. Exhale slowly through your mouth



4. Notice your stomach rising

