

Mindful Breathing

Mindful breathing is a well-researched, science-based tool that calms our nervous system by activating our body's natural relaxation response. Mindful breathing assists the body by slowing heart rate, lowering blood pressure, and improving focus.



Your belly is like a balloon. Breathe in 5 times slowly and feel your stomach fill with air, slowly let your air out.

BALLOON BREATHING



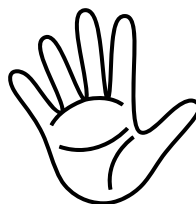
Trace your finger along this sideways 8 like a track. Inhale at each side, exhale at the X. Practice 5 times.

INFINITY BREATHING



Pretend you are holding a candle. Inhale and then slowly blow out 5 candles.

CANDLE BREATHING



Each of your 5 fingers is a breath. Breathe in and slowly blow out each finger.

5 FINGER BREATHING