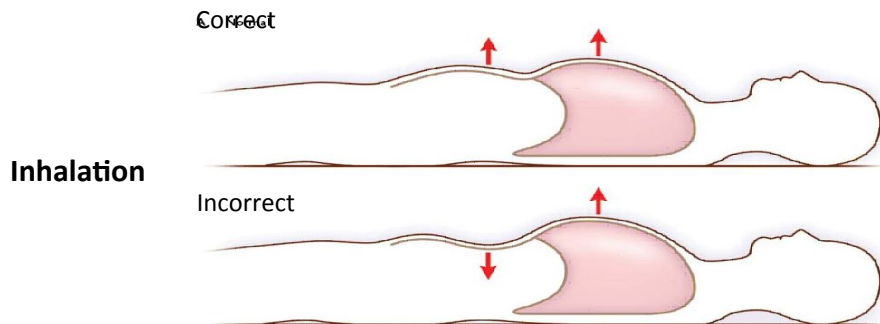


# Breathing Exercise

- Try to find a quiet place away from technology and people
- Lay down on your back. You can position pillows anywhere you want to make it more comfortable
- Close your eyes and pay attention to your breath
- Slowly inhale through your nose and exhale through nose or mouth
- With each inhale focus on expanding your belly first then expanding the rib cage



- With each exhale just let it happen naturally do not force it
- Follow your breath for about 10-15 cycles (inhale and exhale being one cycle)
- Try doing this breathing technique multiple times throughout the day. When at work you don't have to lay on the floor you can do these exercises sitting in your chair