

3 Part Breathing Exercise

Ground your feet on the floor and place one hand on your heart & one hand on your stomach.

Part 1 - Close your eyes & begin to quiet your mind by taking a slow deep breath in to the count of 4.

Part 2 - Hold your breath for the count of 5.

Part 3 - Release your breath to the count of 7.

Repeat 4 more times (or further as needed). Notice how your body feels and pay attention to any emotions or thoughts that may surface as you breathe.