

# Create Your Calm

## Use your breath to de-stress

When you feel unexpectedly worried throughout the day, pause for a few minutes and use this easy breathing exercise to re-center.

Looking for more tips to remove stress from the equation? Find them at **Michigan.gov/StayWell**.



**START HERE**

**Breathe in 1, 2, 3, 4**



**Pause 1, 2, 3, 4**

**Pause 1, 2, 3, 4**



**Breathe out 1, 2, 3, 4**