

Use your breath to de-stress

Everyone can feel worried or stressed.
Do this to feel better.

Step 1



Breathe in 1, 2, 3, 4

Step 2



Pause (||) 1, 2, 3, 4

Step 3



Breathe out 1, 2, 3, 4

Step 4



Pause (||) 1, 2, 3, 4

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