

How to

relax



Pursed lip **breathing**

Nose inhale slowly - count 1, 2

Lips purse/pucker
exhale slowly, count 1, 2, 3, 4

5, 4, 3, 2, 1 **mindfulness** ...

Think of

- 5** things you see
- 4** things you feel
- 3** things you hear
- 2** things you smell
- 1** thing you taste



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