

JUST BREATHE

Paced Breathing

Breathe deeply from the abdomen for 4-5 seconds

Exhale for 7-8 seconds

Slow the pace of your breathing to 5-6 breaths per minute

Four square breathing

Breathe in for 4 seconds

Hold for 4 seconds

Exhale for 4 seconds

Hold for 4 seconds

Ha Breathing

Inhale deeply

Exhale saying ha ha ha

Warrior Pose breathing

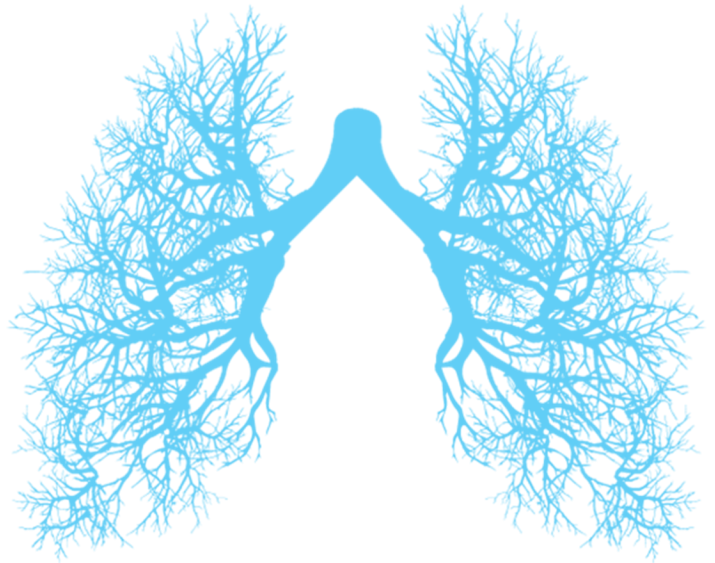
Stand in warrior pose

Hold hands close to chest or
face like a boxer

Inhale

Exhale and push one hand
out with a forceful HA

Repeat with opposite hand



Diaphragmatic Breathing

Place your hands on your belly just below your rib cage.

This will allow you to feel your diaphragm move as you breathe.

Breathe in slowly through your nose so that your stomach moves out
against your hand.

Just Notice the breath

Sit and notice how you are breathing.

Be aware of the speed, intensity, and location of your breath.

Smell the flowers, blow out the candles

Visualize breathing in colors, exhale different colors

Breathe in loving kindness, exhale bitterness, anger, or frustrations