Breathe deep. Stress less.

Want to de-stress?
It can be as easy as taking a few deep breaths.

- Put your hands on your stomach
- Breathe in slowly through your nose
- Feel your lungs filling with air
- Exhale slowly through your mouth
- Notice your stomach rising
- Imagine stress leaving your body with your breath
- Notice your body relaxing
- Repeat until you feel better

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