

BREATHING EXERCISE

CHEAT SHEET



Deep Belly Breaths

Inhale slowly through your nose for a count of 6. Let the air fill your belly, not just your chest. Then exhale through your mouth for a count of 6.



Rhythmic Breathing

Match your steps with your breath. Inhale for two steps, exhale for two steps. Find a rhythm that suits you.



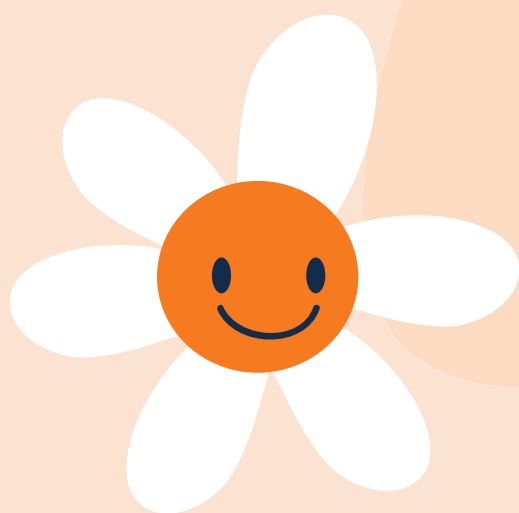
Alternate Nostril Breathing

Close one nostril with your thumb and inhale through the other for a count of four. Then switch, exhaling through the open nostril.



Box Breathing

Count your breaths. Inhale for a count of four, hold for four, exhale for four, and pause for four. Repeat.



Smile Breathing

As you walk, put on a gentle smile. Inhale positivity and exhale any negativity or stress.