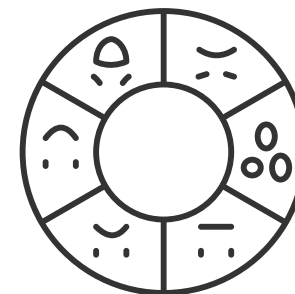
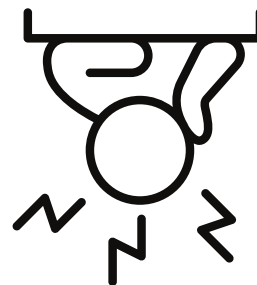


2



**Notice the emotions
are here again.**

3



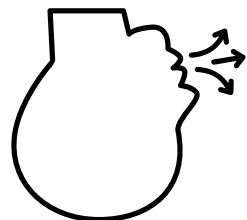
**Sit down and try the 3
deep breaths exercise.**

4



**Take a breath in
through your nose.**

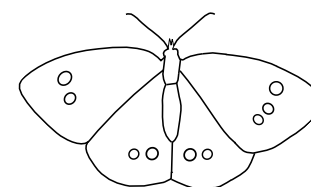
5



**Exhale through your
mouth.**

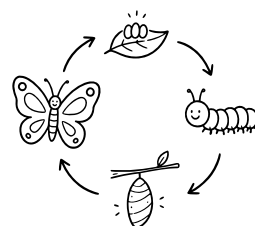
3 Deep Breaths

By Golden Moth



1

**Continue the
metamorphosis with
Golden Moth on
socials
&
goldenmothcounseling.com
for citations, more
mental health tools,
and to schedule a
session.**



8

**Research shows that 3
deep breaths increases
a sense of relaxation
(Pathan FKM et Al.,
2023), increases work
production (Tavoian D
and Craighead DH,
2023) and helps with
managing stress
(Myerholtz L, 2023)**

7

**That's it, repeat 3
times. You can
lengthen each
breathe, if it helps.**

**Some days, you might
need to repeat the 3
deep breaths exercise
several times a day.**

6