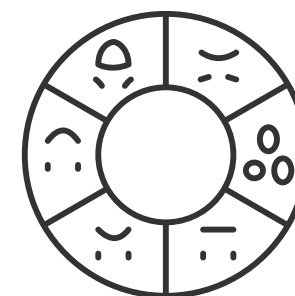
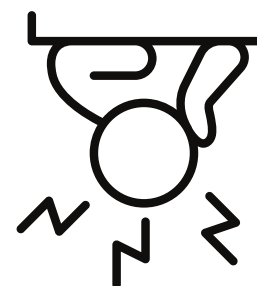


2



Notice the emotions
are here again.

3



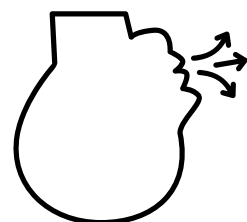
Sit down and try the 3
deep breaths exercise.

4



Take a breath in
through your nose.

5



Exhale through your
mouth.

Cut on dotted line

If 3 deep breaths
doesn't help you, then
stop doing the
exercise.
Maybe try again
later- maybe not.
It's okay.

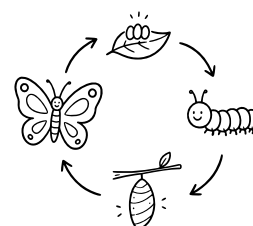
6

Bonus

1. Try putting your hand on your belly, and watch your hand move out with each intake of breath.
2. Try taking big dramatic breaths.
3. Try relaxing your jaw and take subtle breaths.
4. Try lengthening each breath, both in and out.
5. Try using the exercise when you're in different environments and emotional states to see where this breathing exercise helps you the most.

7

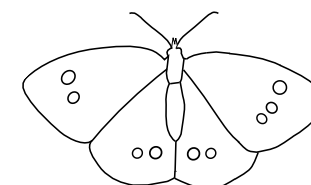
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resources



8

3 Deep Breaths

By Golden Moth



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