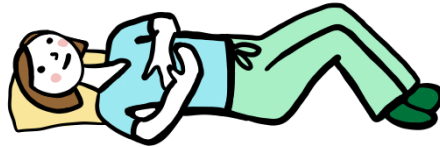


# Abdominal Breathing

De-stress with some deep breaths...

1



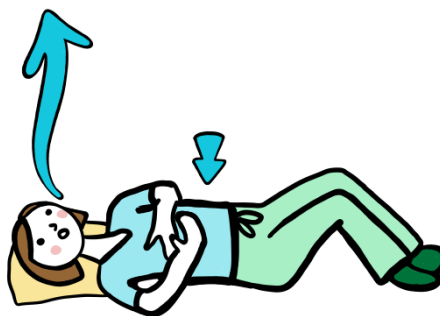
Lie down with your knees bent and head supported. Place a hand on your chest and below your rib cage.

2



Breathe in slowly through your nose. Feel your stomach moving out, while chest remains still.

3



Clench your stomach muscles, feel them fall inwards. Exhale through pursed lips, while chest remains still.

You've got this.  
We've got you!

