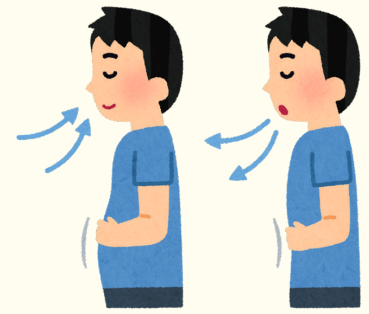


# Deep Breathing Steps:



**1** Sit upright in a chair with your feet on the floor or lie down on the ground.

**2** Close your eyes or try focusing on a single spot on the floor or wall.

**3** Place your hands or a pillow on your stomach so you can feel and see how your stomach goes up and down as you breathe.

**4** Breathe in and try to fill up your stomach with air. Count to 7 as you breathe in, or keep breathing in until your stomach is completely filled with air.

**5** As you breathe out, try to squeeze all the air out of your stomach. Count to 7 as you breathe out, or keep breathing out until your stomach is empty.

**6** Keep breathing in and out like this for 2 minutes, or until you feel more relaxed. You can also set a timer.