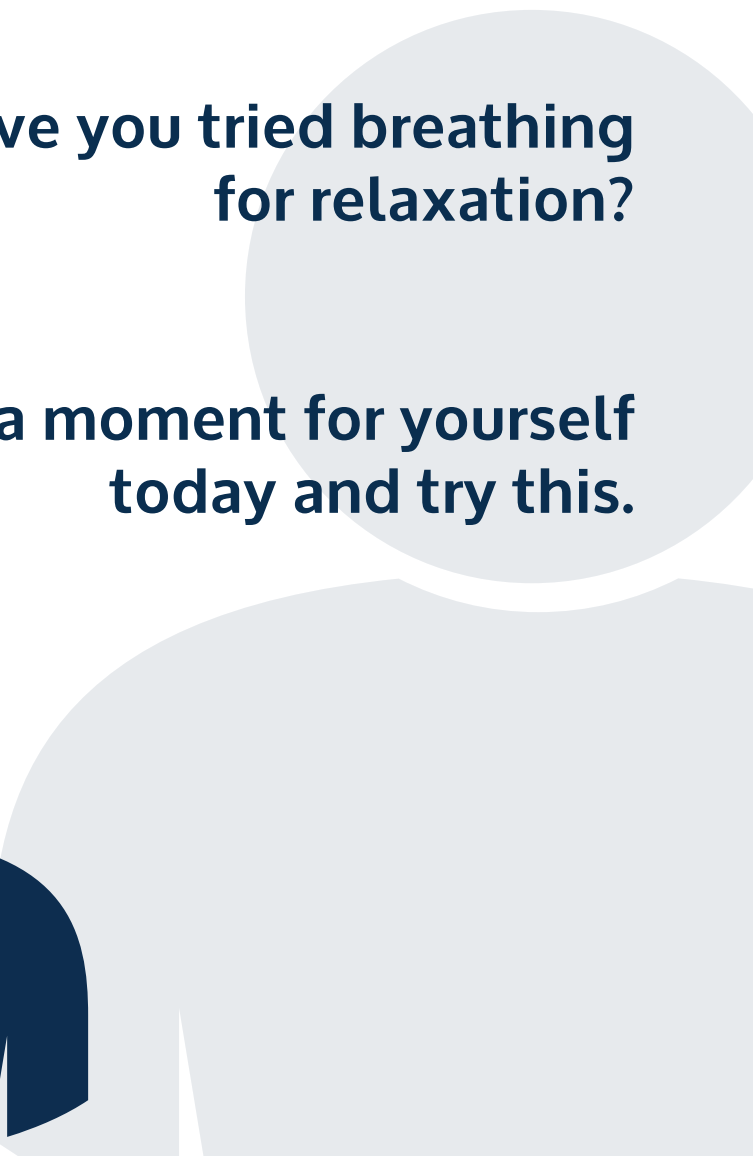


Find your better self

health. care. advice.

**Have you tried breathing
for relaxation?**

**Take a moment for yourself
today and try this.**



Deep breathing for relaxation:

- Reduces high stress and anxiety
- Slowly breath through your nose for 5-6 seconds, hold the breath for 2-3 seconds and breath out through your mouth for 6-7 seconds
- Repeat 10 times

Co² Re-Breathing:

- Rebalances your oxygen and carbon dioxide levels if you've been hyperventilating
- Cup your hands over your mouth/paper bag, breathe into it slowly, breathe normally and deeply
- Repeat 5-10 times