




just meditate




let's ohmmmmmm

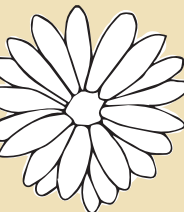
here are some easy steps you can take to meditate



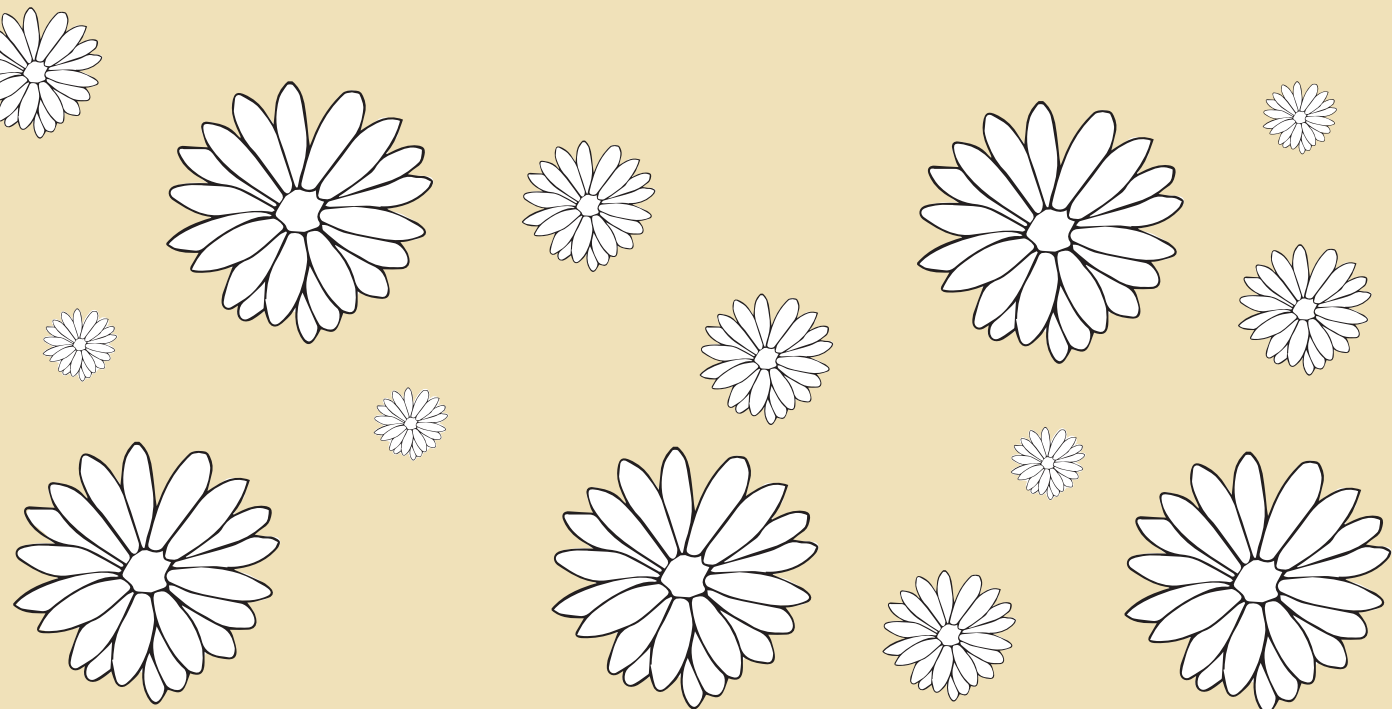
1. Get comfortable and prepare to sit still for a few minutes. After you stop reading this, you're going to simply focus on your own natural inhaling and exhaling of breath.

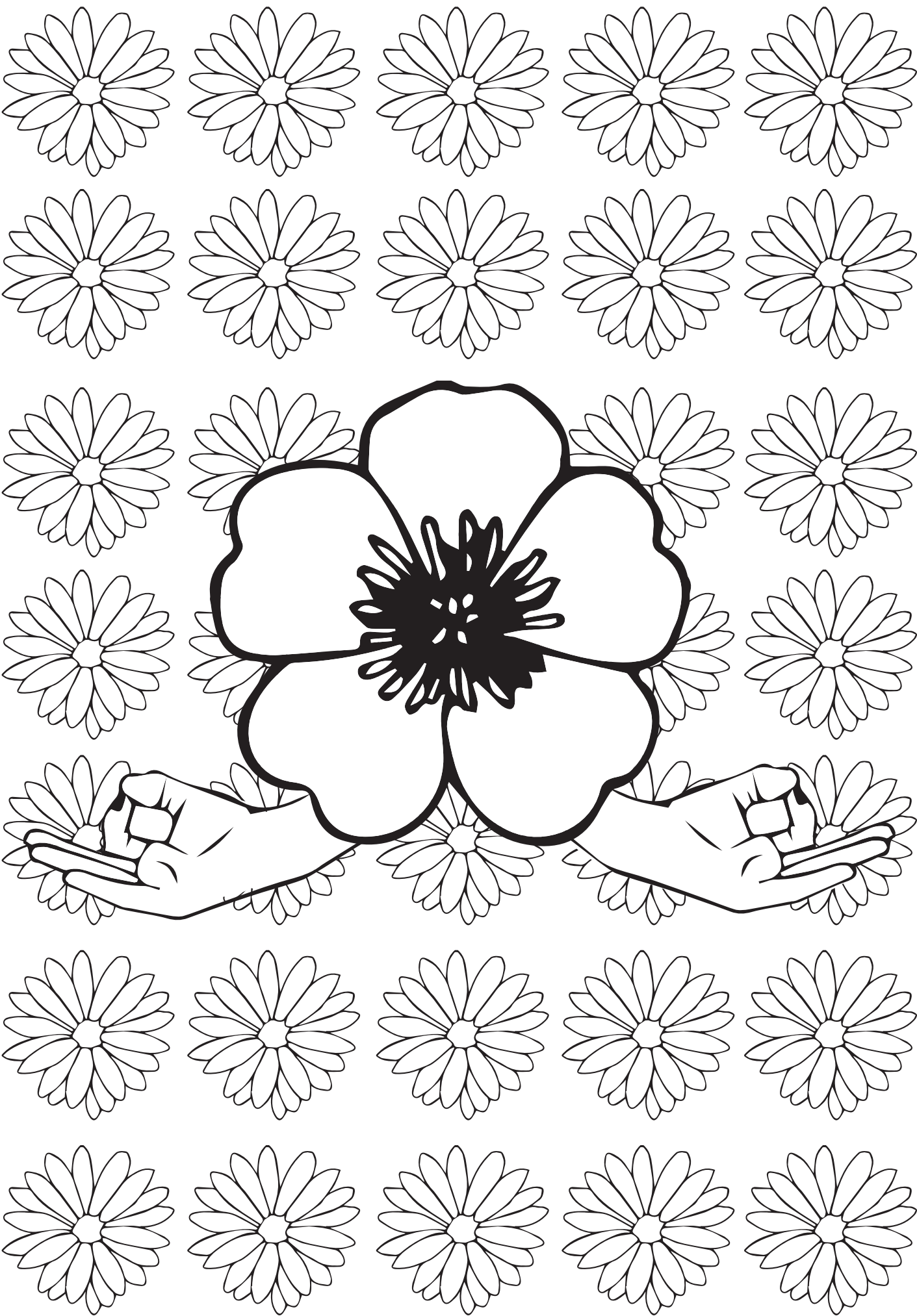


2. Focus on your breath. Where do you feel your breath most? In your belly? In your nose? Try to keep your attention on your inhale and exhale.



3. Follow your breath for two minutes. You can use the breath ball—inhaling as the ball expands, exhaling when the ball contracts.







just breathe

A very simple breathing exercise you can do on your own is The 4-7-8 breathing exercise. This exercise is so simple, quick, and you can do it anywhere. The perfect trick for helping control your anxiousness. All you have to do is sit with your back straight and place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.

- Close your mouth and inhale quietly through your nose to a mental count of four.

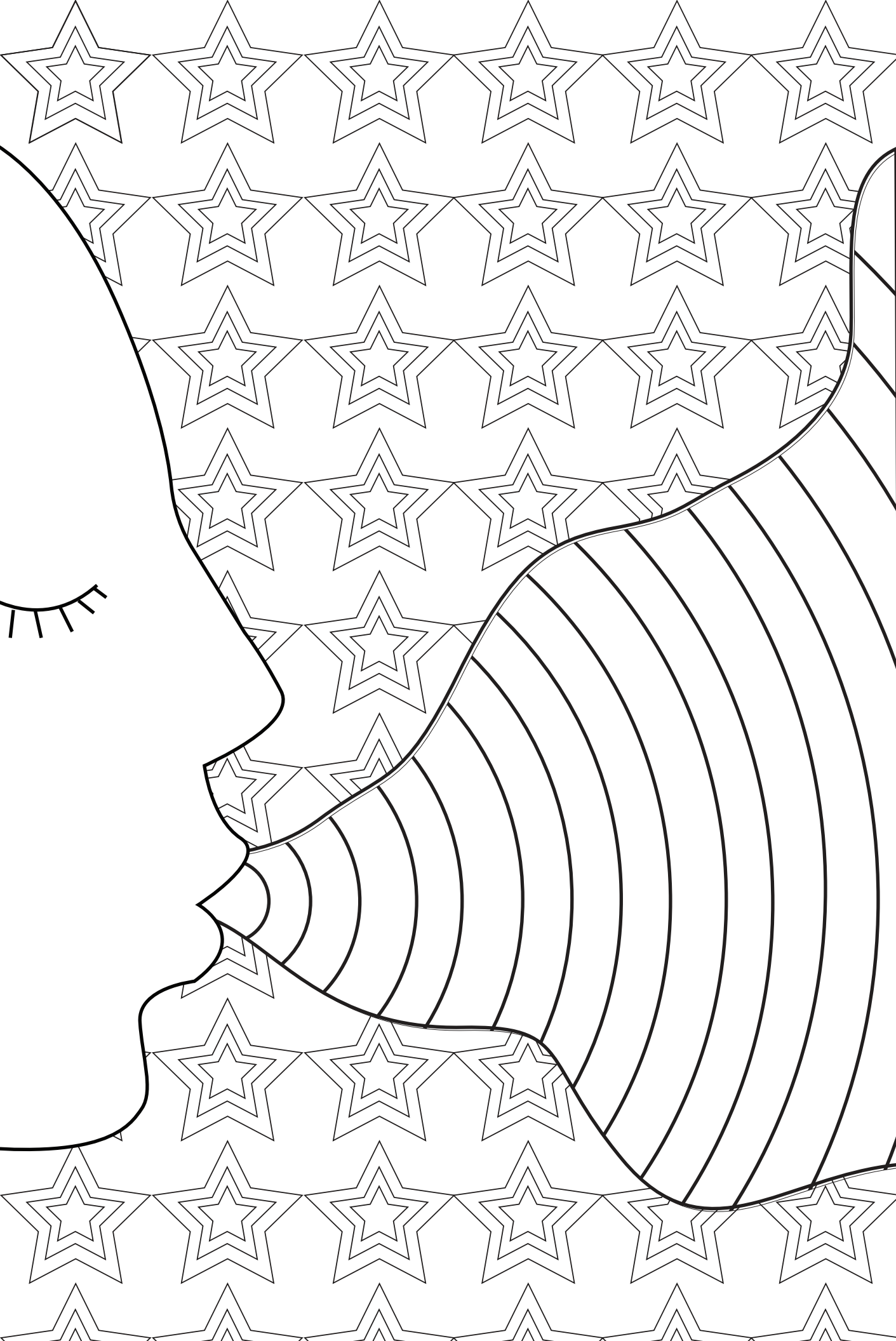
- Hold your breath for a count of seven.

- Exhale completely through your mouth, making a whoosh sound to a count of eight.

- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

This breathing exercise is a natural tranquilizer for the nervous system. It may seem subtle when you first try it, but the more you do it, the more effect it has. Try doing this exercise twice a day and see if you could start making this a part of your daily ritual. Use it whenever anything upsetting happens. Use it before you react to unwanted situations. Use it whenever you are aware of internal tension or stress. Use it to help you fall asleep.

This is YOURS to use.



just count

count to 10 slowly

It will help I promise. Instead of
loosing our S*!T lets try this.

1 2 3

4 5 6

7 8 9

10