Take a break and breathe

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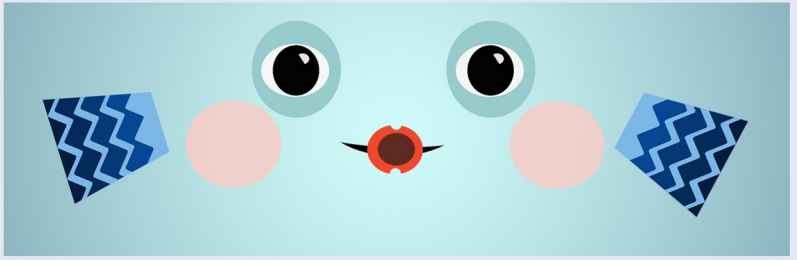
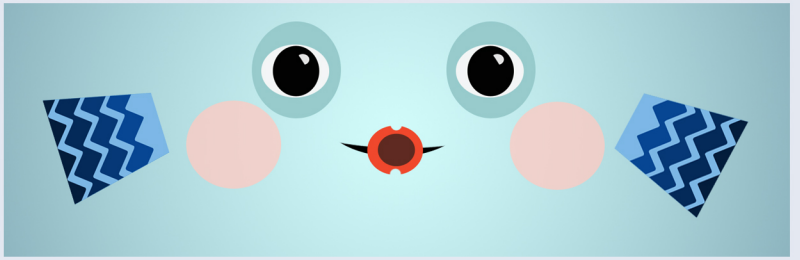


I take a break and breathe when:



Breathing Steps

1. IN:

Relax the shoulders and breathe in for four counts. Count One fish, two fish, three fish, blue fish.

2. HOLD:

Now hold the breath for four counts.

3. OUT:

Breathe out for four counts.
Slow and deep as if blowing bubbles.
Repeat two to three times.