
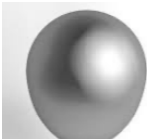



Feeling stressed? Try this...

## Balloon Breathing


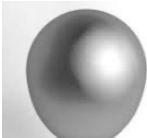

Balance & help regulate emotions

First	Next	Then
<p>Find a <b>comfortable seat</b> or <b>lay down</b> and check in with your breath.</p> <p>Is it fast? Slow?</p> 	<p>Put both hands on your belly. <b>Breathe in SLOWLY</b> through your nose, and make your <b>belly BIG</b>.</p> <p>When you <b>breathe out</b>, gradually let your <b>belly go back to small</b>.</p> <p>*it takes practice so keep trying</p>	<p>Take <b>five breaths</b> like this and see if you notice a difference in your emotions.</p>  <p><b>Breath In = BIG belly</b></p>  <p><b>Breathe Out – small belly</b></p>

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