DEEP BREATHING

Step 1: Get comfortable in your chair

Step 2: Place one hand on your stomach and one hand on your chest.

Step 3: Close your eyes (optional)

*Repeat 3-5 times*

\[\begin{align*}
\text{Inhale through your nose} & \quad \text{count to 4} \\
\text{Hold your breath} & \quad \text{count to 3} \\
\text{Exhale through your mouth} & \quad \text{count to 4}
\end{align*}\]