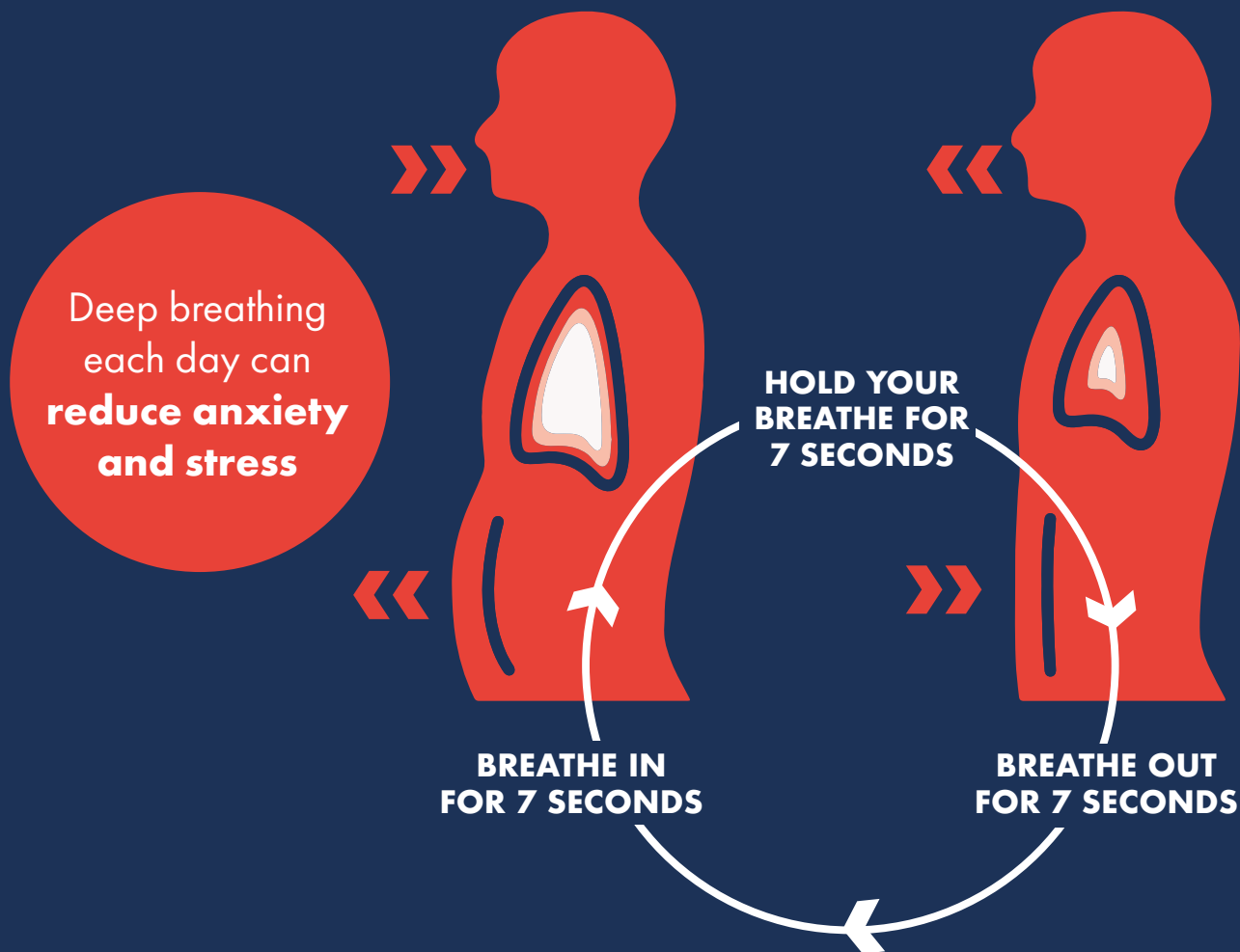




# IT'S **OK** TO STOP AND BREATHE

One of the simplest deep breathing exercises involves you breathing in to the count of seven seconds, holding your breath for seven seconds, and then breathing out to the count of seven seconds.



Repeat this deep breathing exercise at least five times, concentrating on the feeling of the air going through your nostrils and into your lungs.



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