

STRESS

Take a **B**reath

Belly breathing or deep breathing exercises are a proven way to reduce stress. Try this technique standing or seated in a chair:

1. Place your arms and hands at your side, relaxed.
2. Close your eyes.
3. Focus on your belly, the lower part of the stomach. Imagine a small balloon inside.
4. Breathe in slowly and deeply through your nose, imagine the balloon inflating. Hold a few seconds.
5. Slowly exhale through your mouth, imagining the balloon gently deflating. Blow out of your mouth as if you were blowing out a candle.
6. Repeat at least three times.

TIP: Place a hand over your belly to feel it go up and down, and make sure you're not breathing with your chest.

You can do this in your classroom, at home, on the bus, in the car — anywhere!

