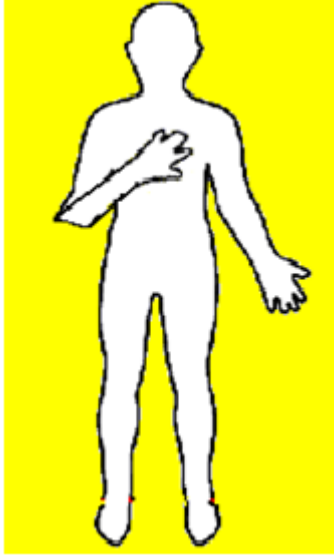
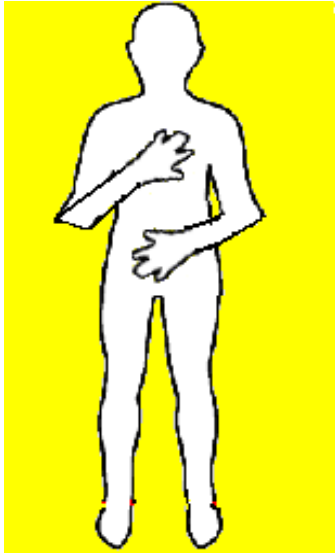


Deep Breathing



Place one hand on your chest.



Place the other hand on your belly.



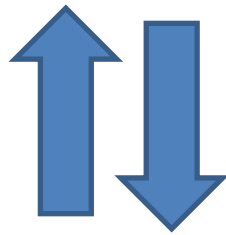
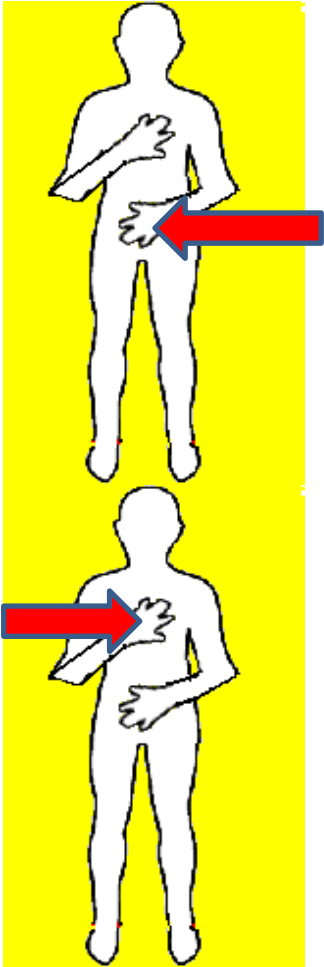
1,2,3

Breathe in deeply from your belly - 1, 2, 3.



1,2,3

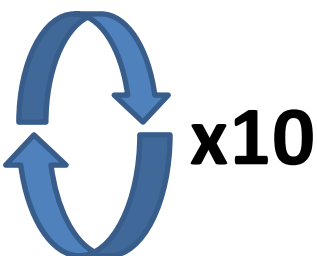
Breathe Out – 1, 2, 3



The hand on your belly should move up and down.



The hand on your chest should not move up and down.



Repeat 10 times until you feel relaxed.