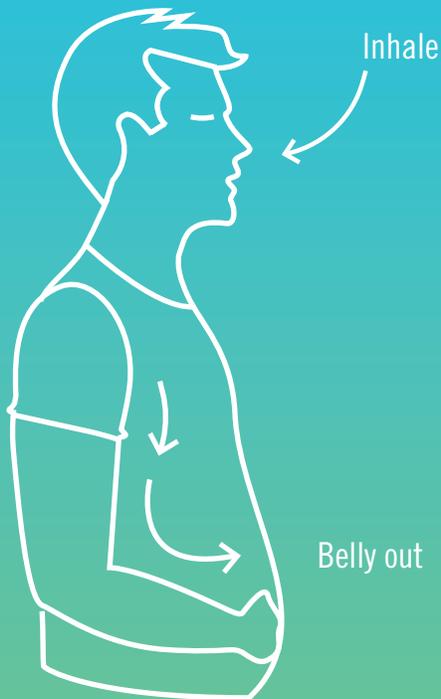


# TAKE TIME TO BREATHE

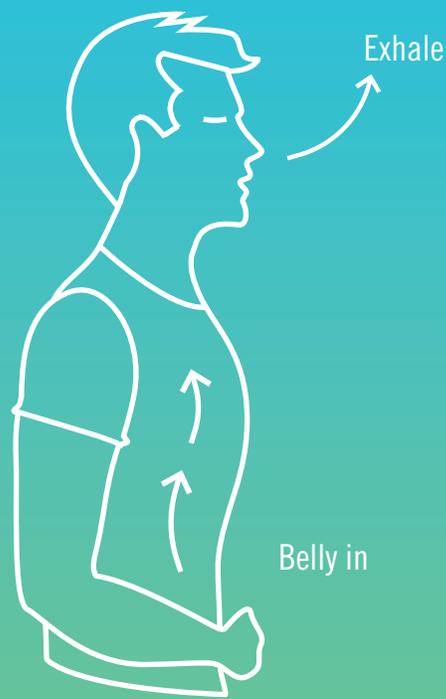
RELAX, REFRESH, AND RESET.

Inhale and count 1, 2, 3, 4 | Exhale and count 1, 2, 3, 4 | Repeat 5 times



## STEP 1: INHALE FULLY

Place your hands on your belly.  
Breathe in slowly through your nose to fill your lungs.  
Feel your abdomen expand like a balloon.



## STEP 2: EXHALE FULLY

As you blow out, slowly release the air through your nose. Draw your belly button back toward your spine. Deflate the imaginary balloon.

 **RECHARGE**

Release the effects of workday stress.  
Take time to breathe. It only takes a minute to feel a dramatic difference.