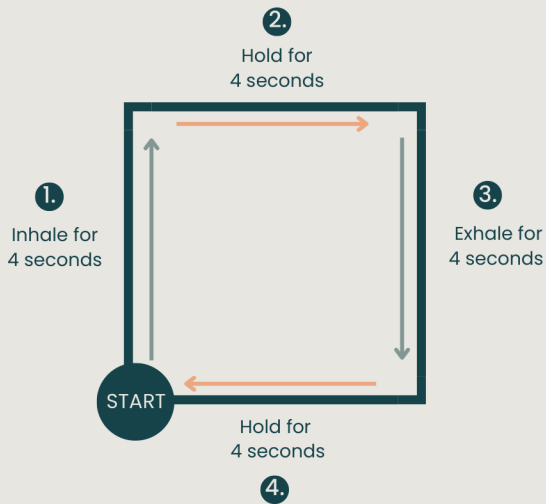


# Everyday Mindfulness

## BASIC BREATHING TECHNIQUES

### BOX BREATHING

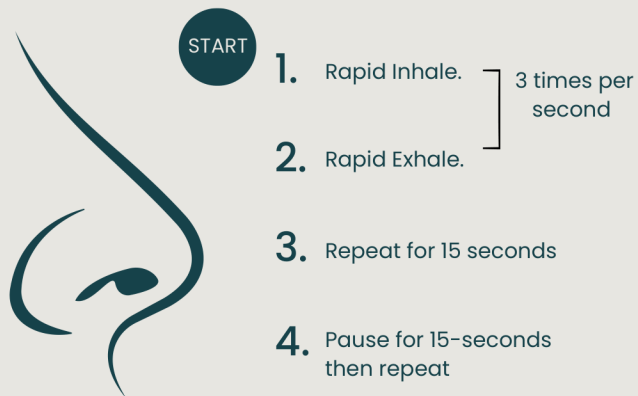


### 4-7-8 BREATHING



1. Inhale for 4 seconds.
2. Hold for 7 seconds.
3. Exhale for 8 seconds.
4. Repeat 3 to 5 times

### BELLOWS BREATHING



### ALTERNATING NOSTRIL BREATHING

