



**RELAXATION BREATHING**

Breathe in, saying:  
"I am okay."

Hold your breath, saying:  
"This feeling will come and go."

Breathe out, saying:  
"I am loved and I can do this."

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### Five Big Deep Breaths



**Breathe in deeply, through your nose all the way into your belly.** 5x



**Blow out through your mouth like you're blowing out a candle. Try to exhale for longer than you inhale.** 5x


**Repeat at least 5 times!**

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Breathe OUT to the count of 4

HOLD to the count of 4

WAIT to the count of 4



Breathe IN to the count of 4