# Breathing exercises!

Clear your mind, close your eyes.

1. Breathe for 2 Hold for 4 Release for 6 (try using a straw to release your breath!)
2. Hands on your belly, repeat (1)
3. Tighten your face muscles (scrunch your face), Hold for 4 Release for 6
4. Tighten your neck and raise your shoulders, Hold for 4 Release for 6
5. Tighten your stomach, Hold for 4 Release for 6
6. Tighten your calf and leg muscles, Hold for 4 Release for 6
7. Hands on your belly, breathe for 2 Hold for 4 and Release for 6

Remember…

* Don’t worry. Be happy
* Have achievable and realistic expectations for yourself
* Don’t live in the past
* Learn to say ‘no’
* Exercise your body
* Exercise your mind (new skill, hobby, local group, play chess?)

Using mindfulness techniques can help us reduce anxiety, depression, stress, eating disorders, sleeping disorders and many others.

# Pressure Points

Did you know your hands, legs and face has so many different pressure points and massaging these can benefit different parts of your body! Give this a try:



