

THIS IS HOW *we* SURVIVE

KEEP *breathing*

Inhale the present moment,  
*exhale the past...*

- *Unknown*

HOW DO YOU *feel right now?*

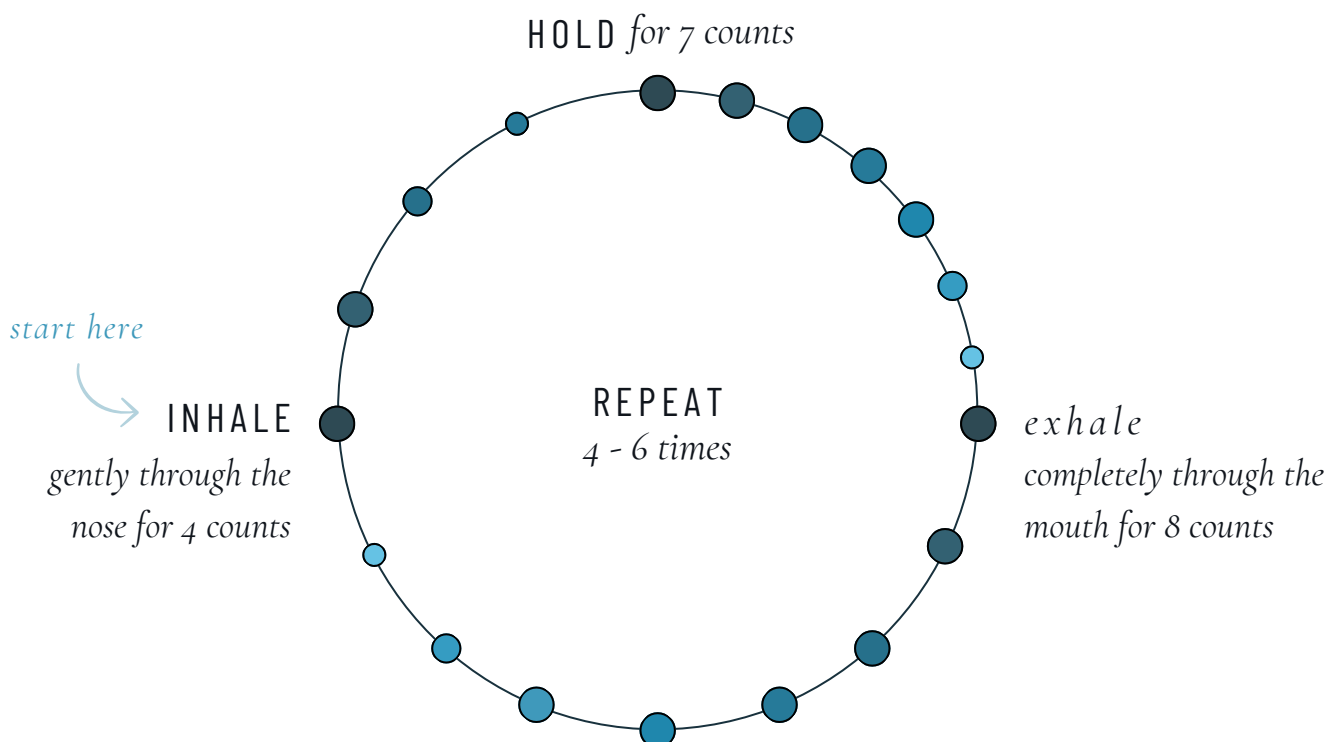
Indicate with an 'x' on the chart below



### 4, 7, 8 BREATHING *exercise*

This breathing method helps regulate the nervous system, slow down the heart rate and promote relaxation. It works by activating the parasympathetic nervous system, which helps bring the body into a calm state. The extended exhale also helps to release built-up tension.

*Find a comfortable position and follow the instructions below.*



HOW DO YOU FEEL AFTER COMPLETING THE *breathing exercise*?

*Indicate with an 'x' on the chart below*



*Reflect on your experience...*

*What did you notice during the exercise? How did you feel in your body and mind?*