

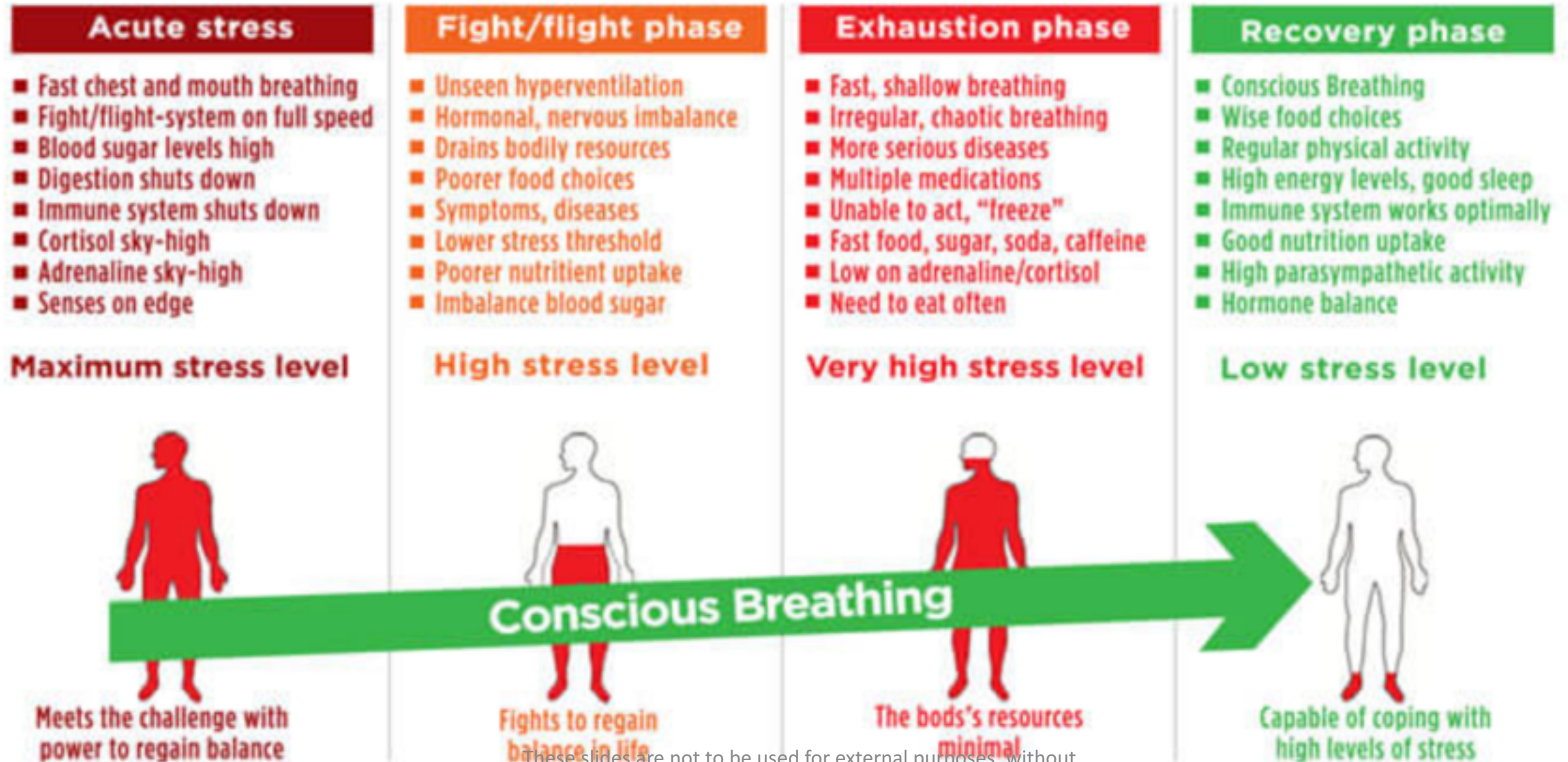
MINDFUL BREATHING

Three methods of mindful breathing to
help ground your body and mind.

PRESENTED BY PETER HAYTON

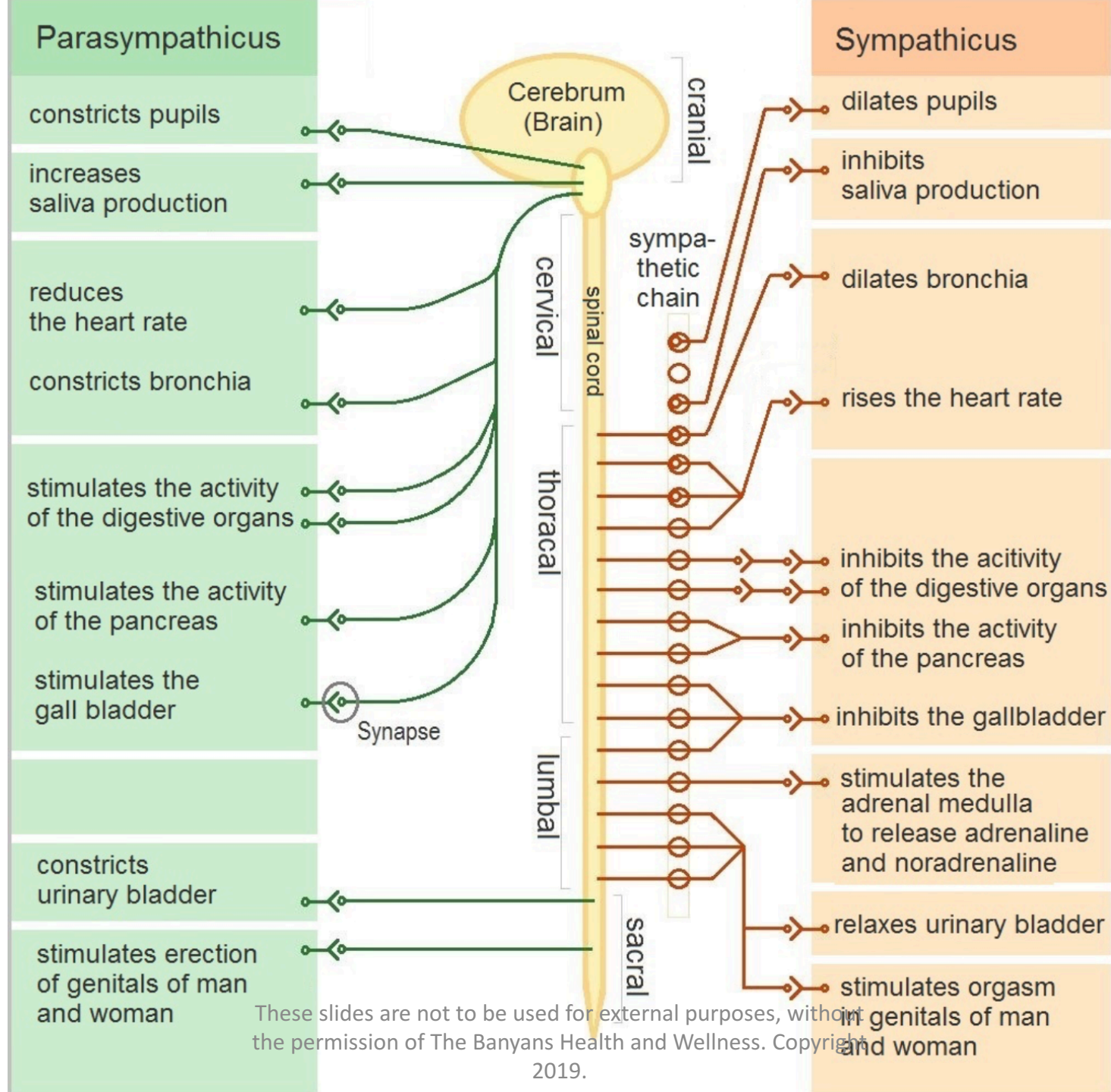
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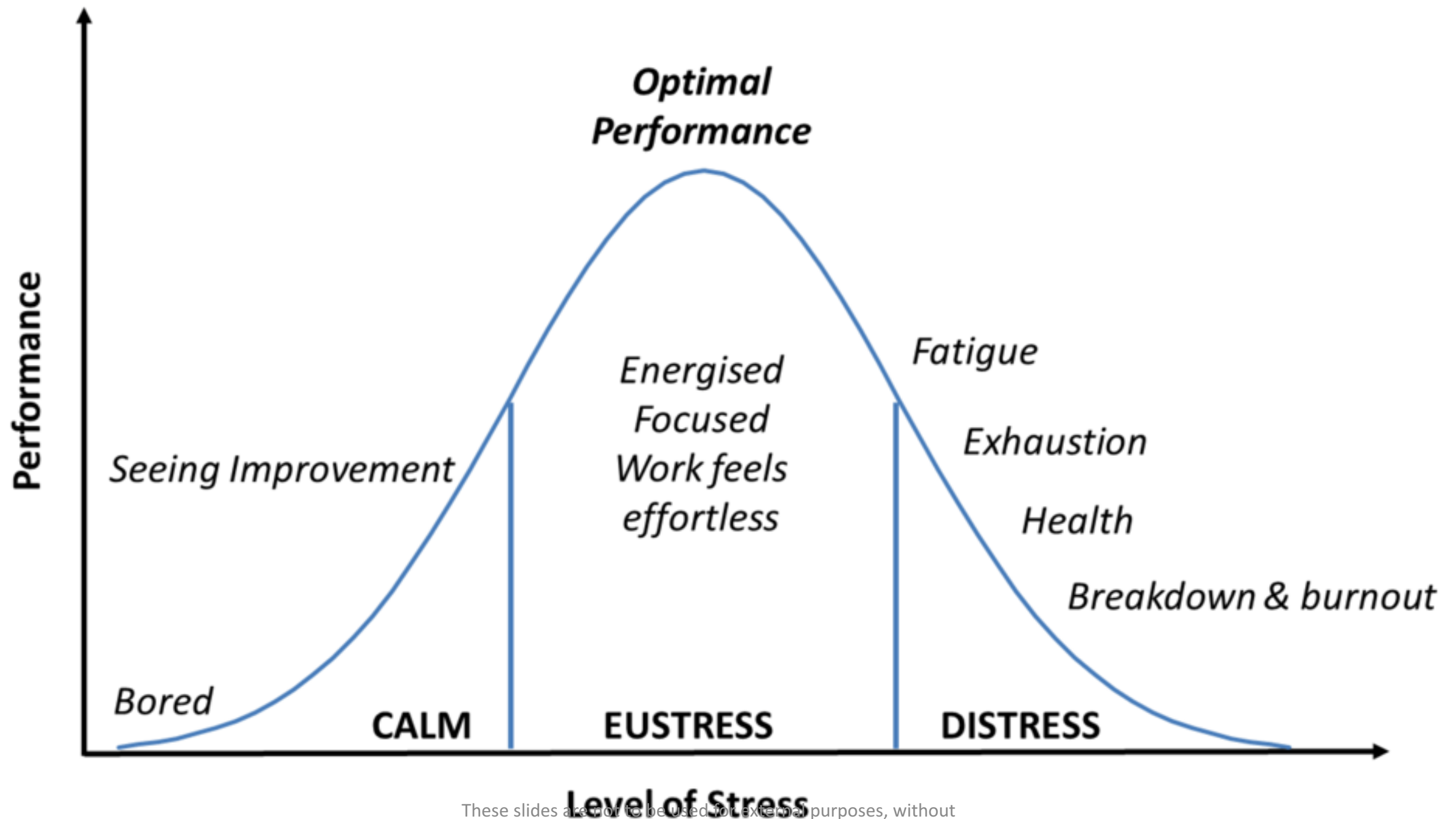
STRESS PHASES



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4 – 7 – 8 METHOD



Breathe in for 4 seconds.

Hold your breathe for 7 seconds.

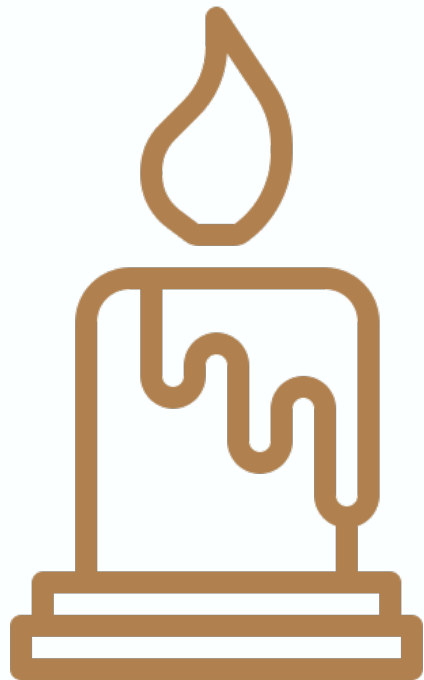
Breathe out for 8 seconds.

ROLL METHOD



Place one hand on your chest
and the other on your belly.
Breathe so that your belly hands
raises, and you chest hand stays
still.

CANDLE VISUALISATION



Imagine a candle.

Breathe gently as to make the
candle flicker, but not go out.