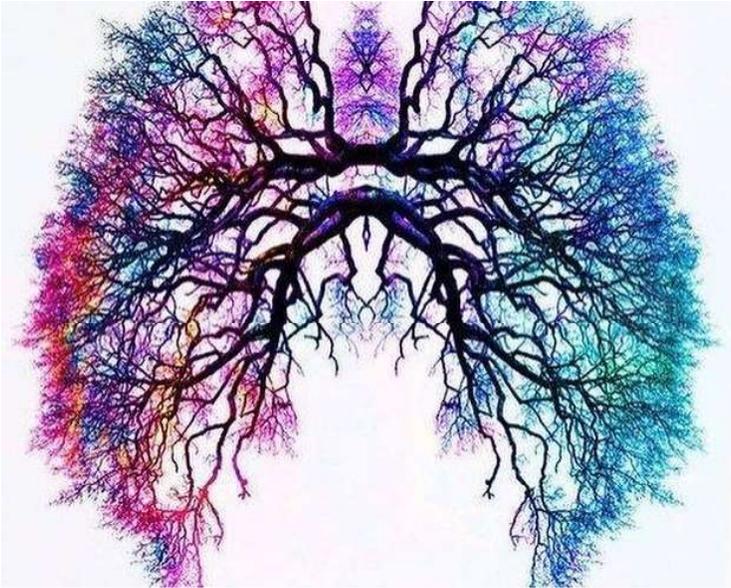


# Breathe



- We take between 17 000 and 30 000 breaths a day. We know that this replaces the oxygen in our bodies, giving our cells the energy they need. Breathing correctly can also improve our posture, our general health and make us less stressed.
- A few deep, intentional breaths can lower our heart rate, reduce muscle tension and lessen anxiety
- Pausing to take a breath is a conscious act that can shift our brain into a state of calm, it is like a reset button for our nervous system. Taking a one-minute pause to concentrate on our breathing can stop us feeling overwhelmed and refocus our mind.
- Stop, Breathe, Believe is a useful mindfulness technique that can help us navigate difficult situations. **Stop** and become aware of your thoughts and feelings; change your physical position and **Breathe** slowly; **Believe** that you have value, and that you can cope with whatever you are facing.

“Smile, breathe and go slowly.” Thich Nhat Hanh

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.” Oprah Winfrey

