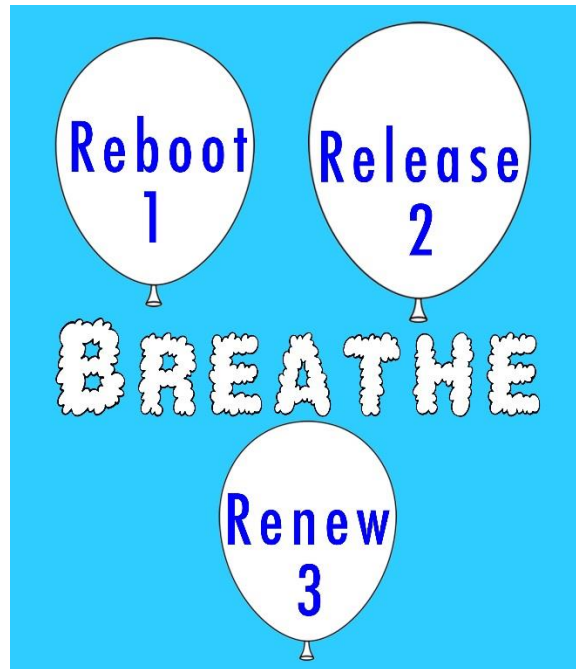


## Mindful Breathing



**Step 1.** Take a deep breath in through the nose and exhale out through the mouth. Silently do some positive self-talk! Here's an example ... *I'm taking a big breath to reboot my brain computer.*

**Step 2.** Take another deep breath in through the nose and try holding the breath for three-5 seconds. Then, exhale out of your mouth like you are blowing out a candle. Let your body become jelly, as you let the breath out. Time for more positive self-talk ... *I don't need to stress, I will just do my best.*

**Step 3.** Take another deep breath in through the nose, again holding the breath for three-5 seconds. Exhale slowly out of your mouth. Yes, more positive self-talk ... *I've got this! I'm calm and can do it!*

You can repeat steps 1-2-3 more than once and use as often as needed throughout the day.