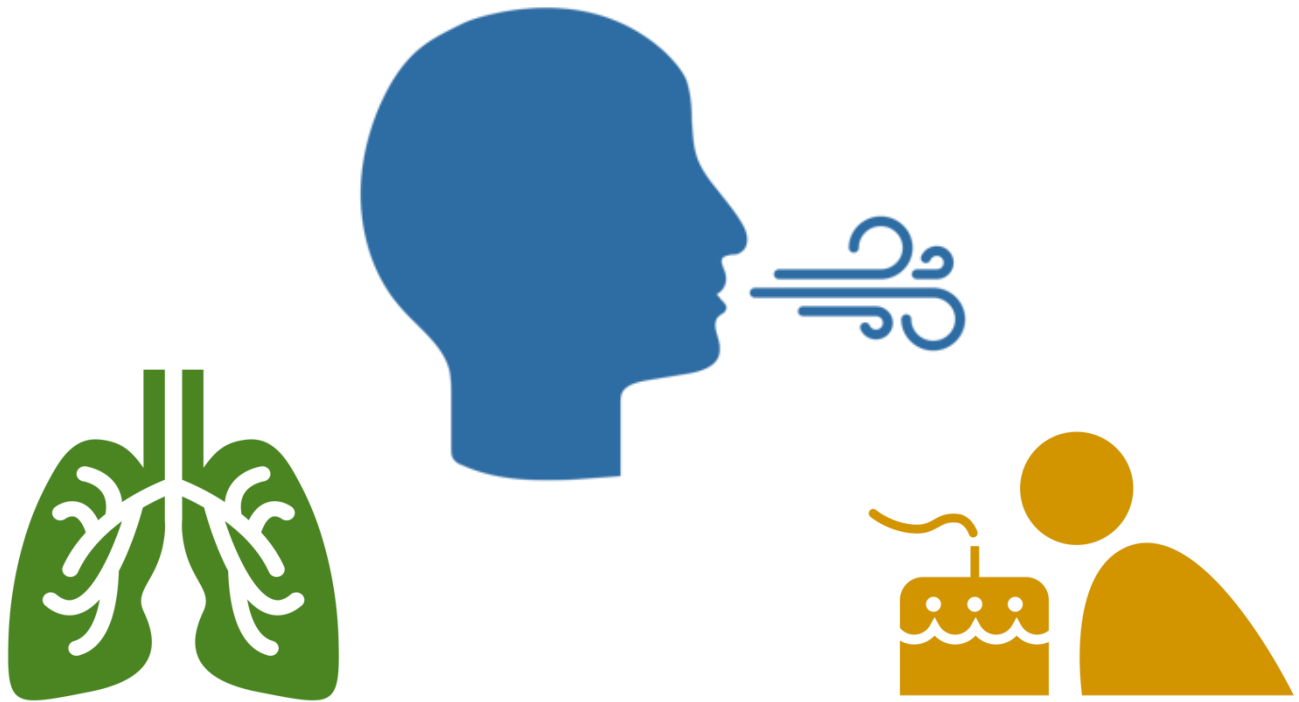


## Calming Strategy

# Deep Breaths



### How?

- ★ Breathe deeply and slowly.
- ★ Breathe until you feel calm.
- ★ Imagine blowing out birthday candles.

### Why?

- ★ Reduces stress.
- ★ Calms the body.
- ★ Lowers blood pressure.

### When?

- ★ When you feel upset.
- ★ When you feel stressed.
- ★ Throughout the day.