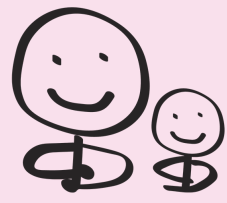




## RELAX & BREATHE

### Who can do it?



Everyone

### When can you do it?



Feeling anxious or stressed.

### How will it help and expected outcomes?



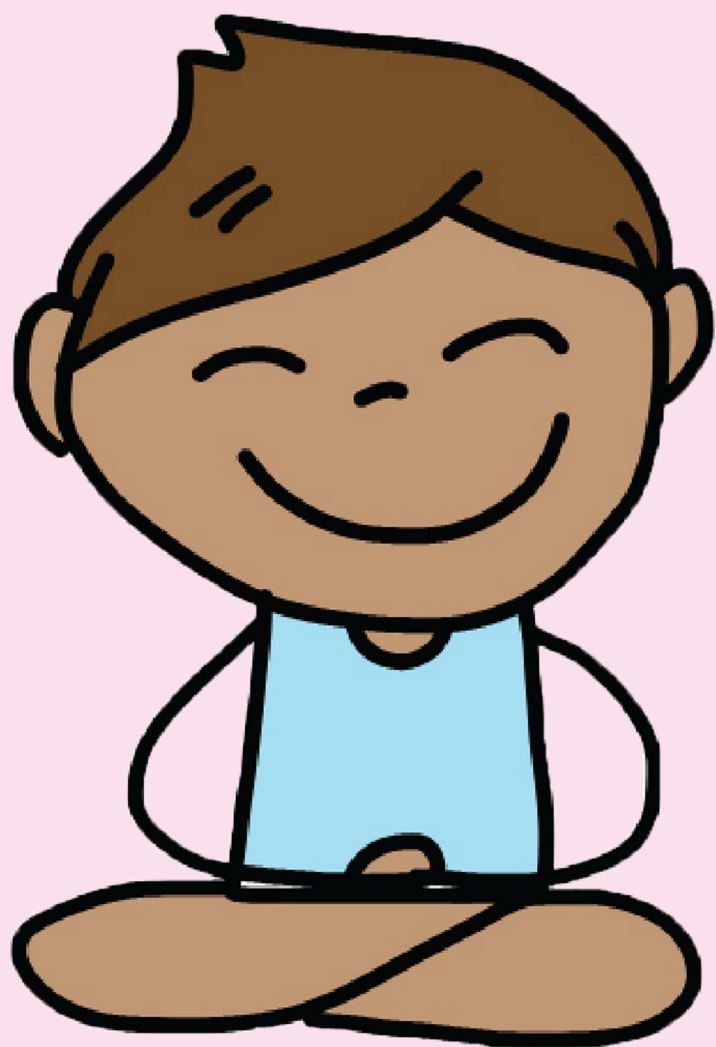
- Breathing is one of the best ways to reduce stress.
- It helps in relaxing the mind and body.
- It reduces fatigue and boredom.

### Resources required?



- Yourself
- Stuffed Animal

## HOW TO DO IT?



### Back to back breathing

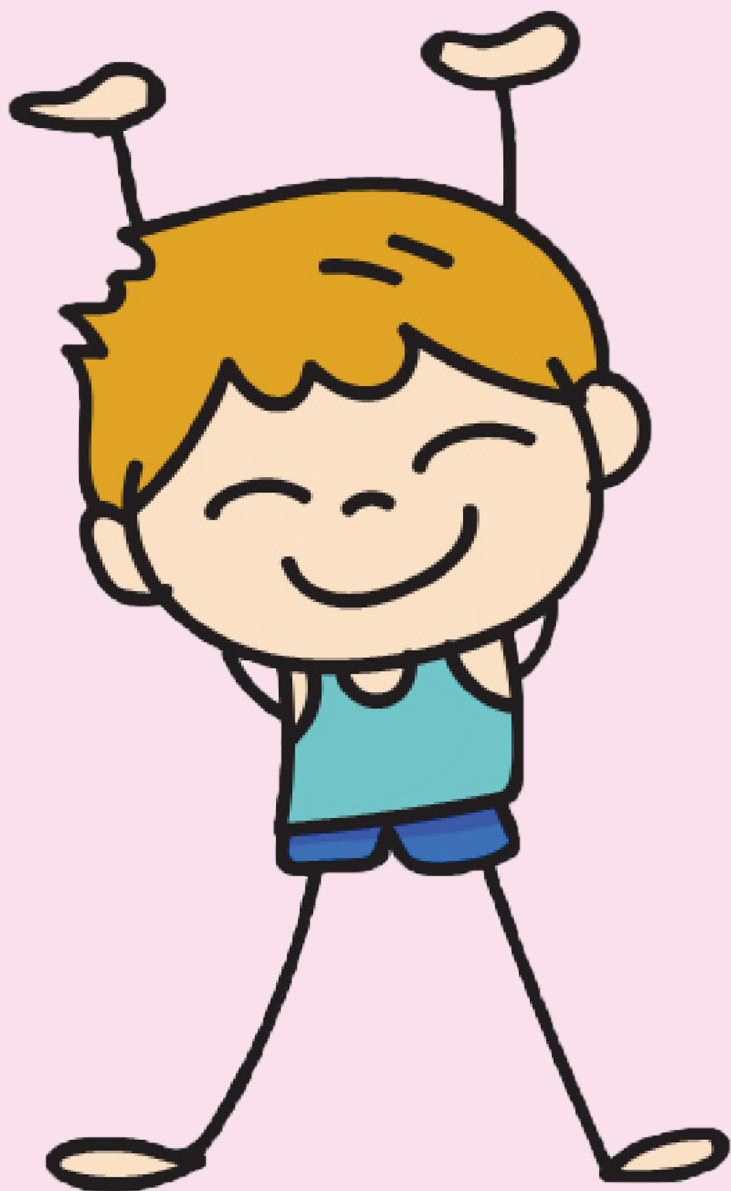
- Find a partner and sit on the floor back to back.
- Sit tall and close your eyes if you want to.
- Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply.
- Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.



### Tummy breathing

- Lie on the floor and place a small stuffed animal on your stomach.
- Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth.
- Rock the stuffed animal to sleep using the rise and fall of your stomach.

## HOW TO DO IT?



### Elephant breathing

- Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk.
- As you breathe in deeply through your nose, raise your arms up high above your head.
- Then slowly swing your arms down again as you breathe out through your mouth.



### Bubble breathing

- Sit comfortably with your eyes closed.
- Begin by imagining you are holding a bubble wand.
- Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room.
- Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling.
- As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.