

Calm your body, Calm your mind

Stress is a normal part of everyday life, but too much stress can be bad for your mental health.

When you're feeling overwhelmed, try this breathing technique:

- **If possible, sit or lie somewhere comfortable and quiet**
- **Take a deep breath in through nose. You can put your hand on your belly to feel your lungs expand.**
- **Hold your breath while counting to three.**
- **Breathe out slowly through your mouth while counting to 5.**
- **Repeat these steps until your body is feeling more relaxed and your mind is calmer.**

