EXERCISE 1:
BREATHE DEEP
PAUSE AFTER READING EACH PHRASE ALOUD

* Sit up tall in your chair (or stand) with your feet flat on the floor. If you feel comfortable, close your eyes to tune out distractions...
* Take a deep breath in, letting go of any tension as you breathe out...
* Slowly relax your neck...and your shoulders...
* Now relax your arms...and your hands...
* Let go of any tension you may be feeling in any part of your body.

* Breathe in slowly through your nose like you’re smelling hot chocolate, filling your lungs with air...
* Let the breath go, slowly exhaling out your mouth like you are cooling it off...
* Take (5-10) more breaths, allowing each breath to become slower and deeper than the one before.

* Now shift your breathing so that you breathe in and out of your nose...
* Keep following your breath as it enters through your nose and fills up your lungs...
* Feel your lungs and diaphragm expand...
* Follow your breath as you exhale and your lungs deflate.

* Keep breathing calmly and deeply for a few more moments.

* Now take 5 deep breaths at your own speed...
* When you’re ready, slowly open your eyes.

END