

**DEEP BREATHING TECHNIQUES: 15x/Day**

***Deep (diaphragmatic) Breathing – 4,5,6***

Inhale 4 counts, hold 5 counts, long exhale 6 counts

* Use for immediate stress reduction
* Maintain well being

***Relaxation Breathing – 1,2,3, aah***

Sit tall, lower chin chest, 3 counts in and out, aah on 4

* To reduce tension
* To relax the neck & shoulder muscles



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AFFIRMATIONS

* I am so calm and relaxed
* I owe no explanations
* My possibilities are endless
* I handle criticism with ease
* I heal quickly and easily
* I am in charge of my thoughts
* I accept my mistakes
* I am important
* I am strong in body, mind and spirit



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