

Overwhelmed? Stressed?

take a moment & breathe



1. Find Your Focus Zone:

Step away from distractions or close your eyes.

2. Inhale Deeply:

*Breathe in through your nose.
Feel the calm.*

3. Pause:

*Hold your breath for a moment—
embrace the stillness.*

4. Exhale Slowly:

*Breathe out worries through your
mouth.*

5. Repeat & Reflect:

*Imagine inhaling peace and
exhaling stress.*

breathe...

inhale

slowly and deeply
through the nose

four to six
counts

pause

exhale

slowly through
the mouth

four to six
counts

repeat

SCAN & LEARN
MORE ABOUT
WHY
BREATHING
WORKS!



While you breathe, meditate on scripture

"Be still, and know that I am God."

Psalm 46:10