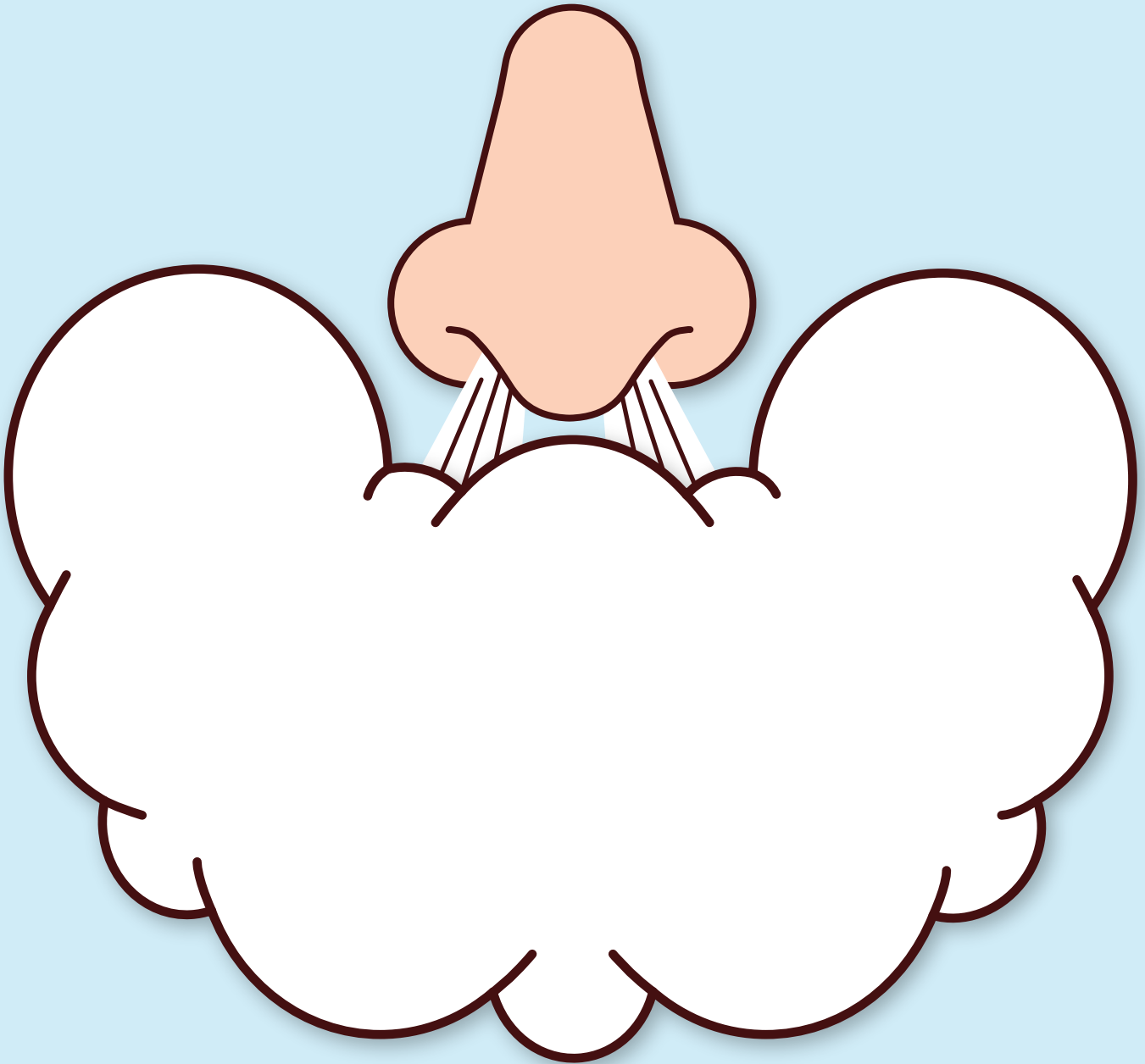


FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week with four deep breathing techniques.



- 1 BELLY BREATHING:** Slowly fill and empty your belly with breath
- 2 BREATHING VISUALISATION:** Visualise taking in something positive with each breath
- 3 BREATH COUNT:** Count your breath slowly and evenly
- 4 MINDFUL BREATHING:** Pay attention to the rhythms of your breath