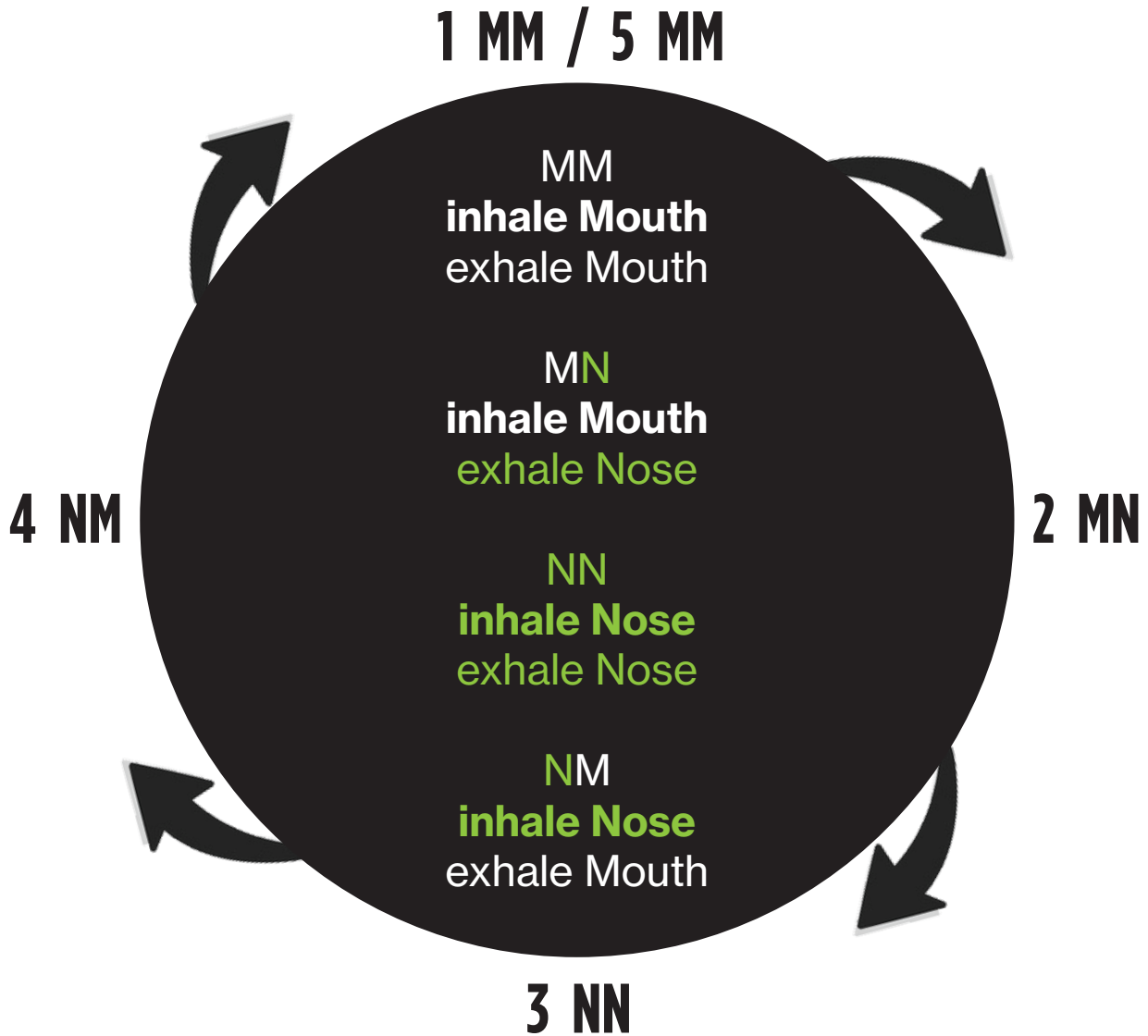


Take5 Breath

Within 5 breaths you can completely change your mental, physical, or emotional state.



Directions

This breathing method decreases stress and anxiety and increases calm, clarity, and focus. When you slow your breathing down, your mind and body slow down too.

It's recommended to practice at a slow breathing pace. Whenever you feel life is overwhelming or you'd like to slow down, give the Take5 Breath a try.