



**POSITIVE RESPONSES
FROM YOUR BODY**

Did you know?

Deep breathing can:

**INVOLUNTARY, BUT
ALSO CONTROLLABLE**

fk~kÀ² ¢p ikkª f@k^²rs~q ¹rk~k,k@ »¢³ ~kki ²¢p

TRY “4-7-8 BREATHING”

“4-7-8 breathing,”

