



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¢þ

TRY “4-7-8 BREATHING”

“4-7-8 breathing,”

