

CALMING MINDFULNESS

in 5 easy steps

STEP 1

Sit up.
Feet on the floor.



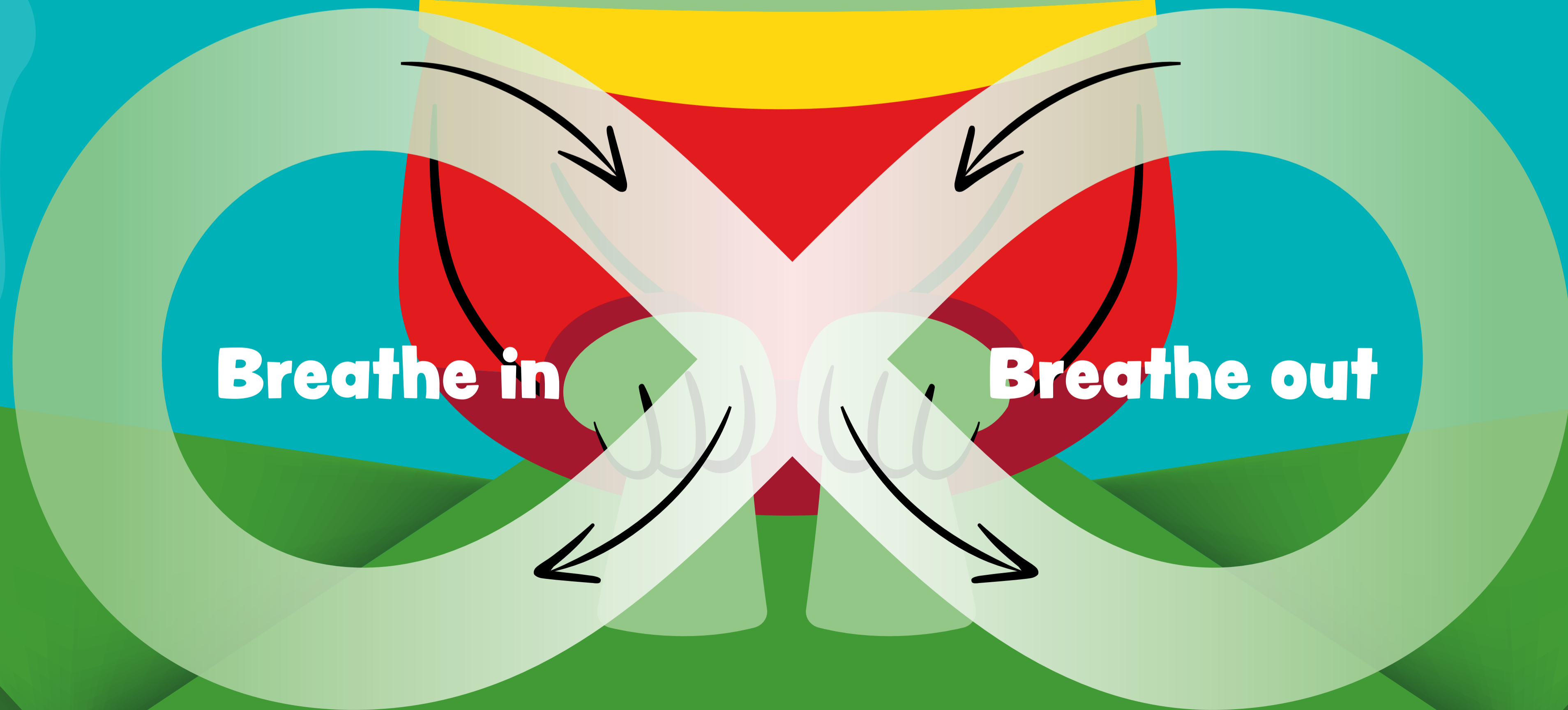
STEP 2

One hand
on your belly.



STEP 3

Breathe in for
3 seconds.



STEP 4

Breathe out for
3 seconds.



STEP 5

Can you feel
your hand moving
on your belly?



**HOW DO
YOU FEEL
NOW?**