

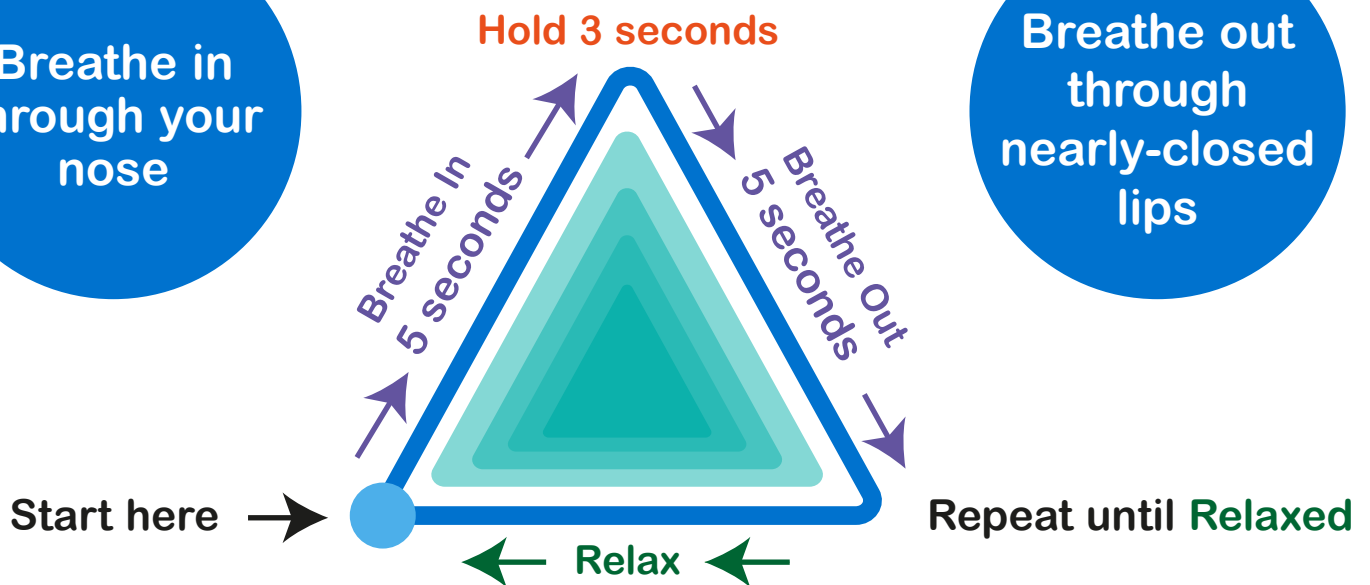
These breathing exercises will help you to relax and de-stress. You can also refer to the breathing exercise videos if you need help with timing your breathing.

## Triangle Breathing

Follow the arrows to breathe around the shape.

Breathe in through your nose

Breathe out through nearly-closed lips

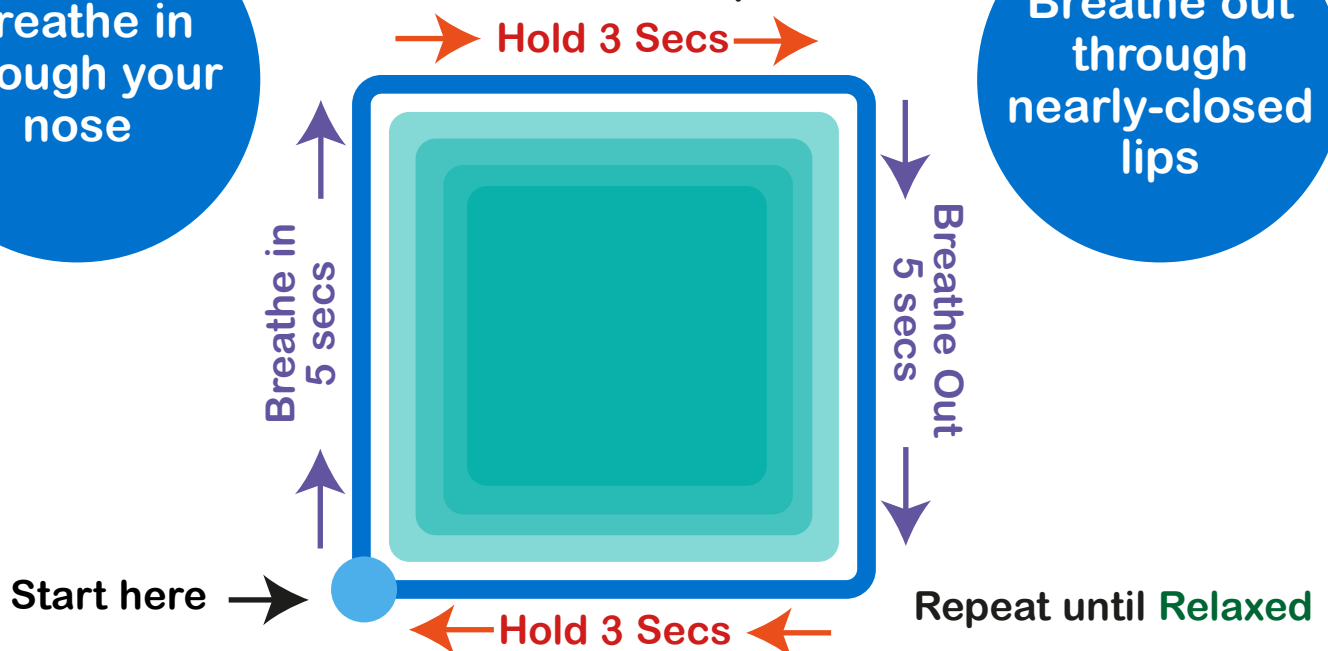


## Square Breathing

Follow the arrows to breathe around the shape.

Breathe in through your nose

Breathe out through nearly-closed lips

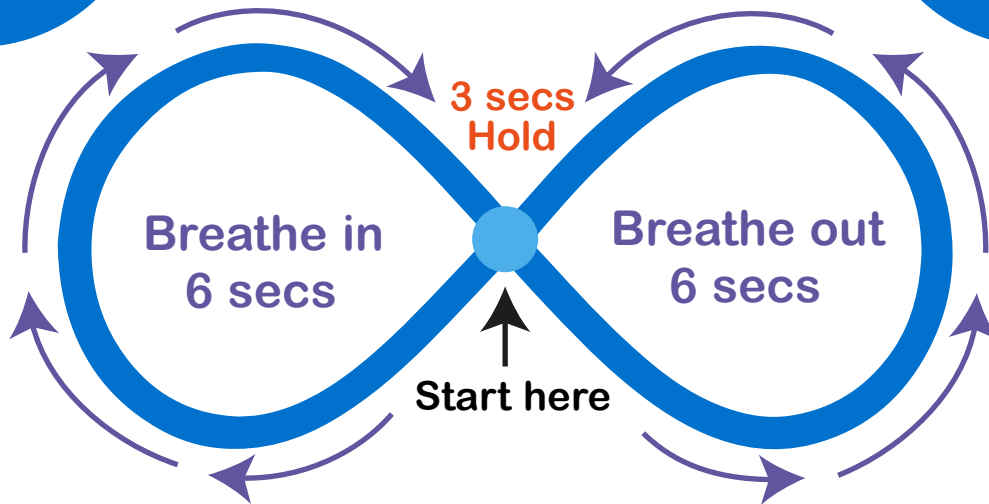


## Infinity Breathing

Breathe in through your nose

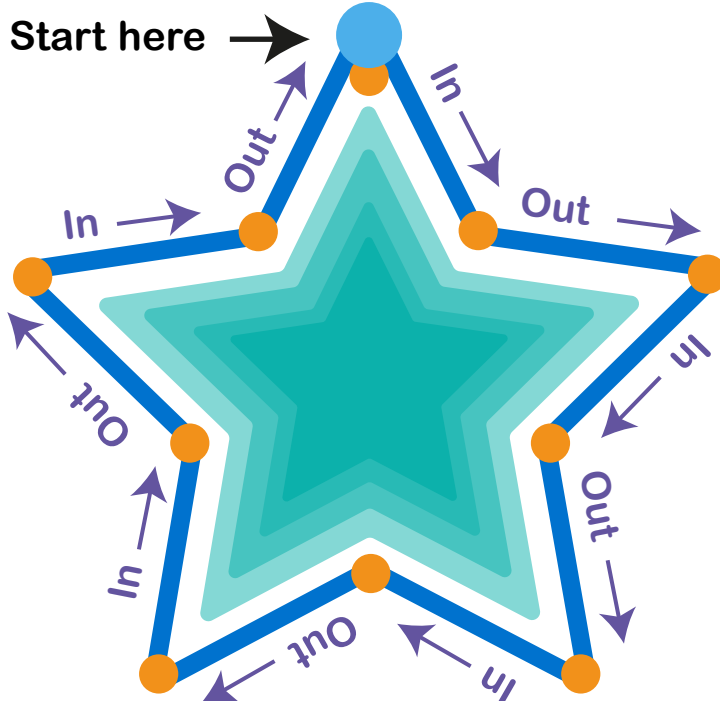
Breathe out through nearly-closed lips

Follow the arrows to breathe around the shape.



Repeat until Relaxed

## Star Breathing



Breathe in through your nose

Breathe out through nearly-closed lips

Breathe in: 5 secs

Hold: 3 secs ●

Breathe out: 5 secs

Repeat until Relaxed