

2-Minute Relaxation

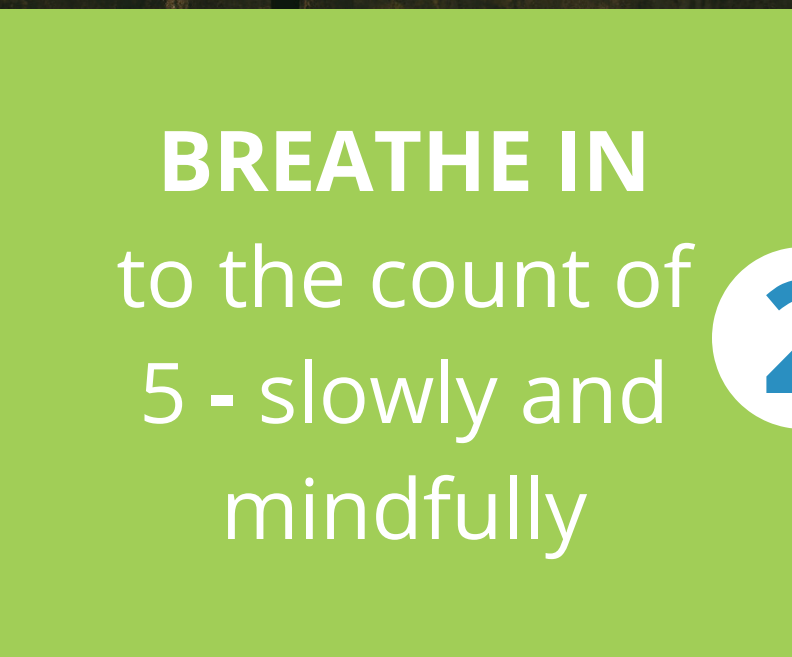
Feeling stressed? Don't worry, this relaxation technique will only take 2 minutes



1

SIT

with both feet flat on the floor and with a tall spine



2

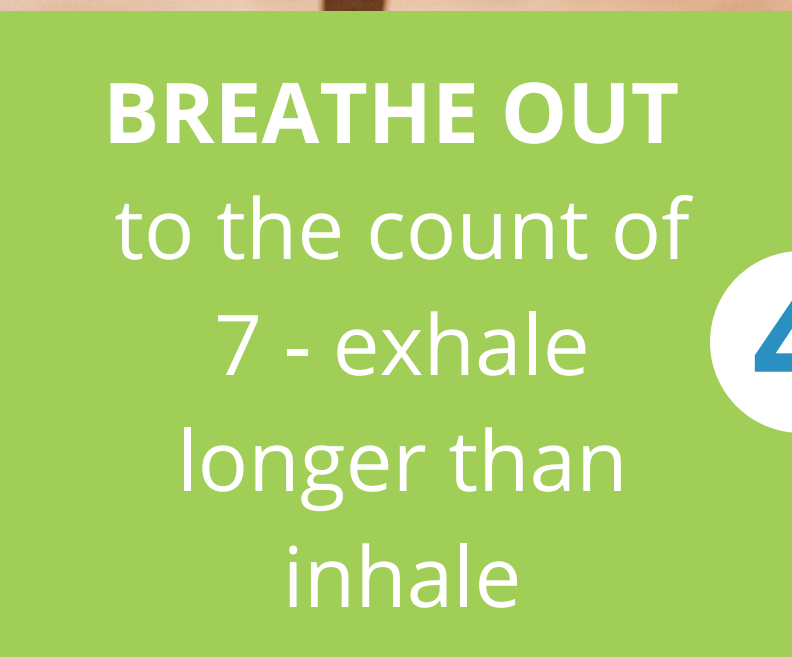
BREATHE IN
to the count of 5 - slowly and mindfully



3

HOLD

the breath at the top of inhale to the count of 5



4

BREATHE OUT
to the count of 7 - exhale longer than inhale



5

REPEAT

this 5-5-7 breath 10 times to enhance relaxation