

## WHY BREATHING EXERCISES?

When we feel anxious, we sometimes don't realize that our breathing can be bad for us. Our brain and our brains and make us feel more anxious. Practicing deep breathing can help to calm us down.

### ARE A USEFUL TOOL TO CHECK-IN WITH AND CALM OURSELVES

## FLOWER BREATHING EXERCISE

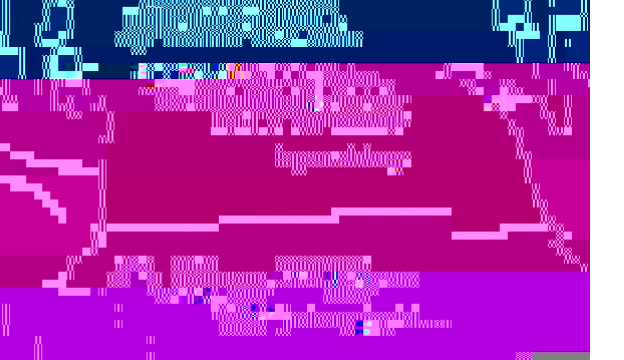
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seconds  
Repeat four times

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## HAND-TRACING EXERCISE

When we feel anxious, we sometimes don't realize that our breathing can be bad for us. Our brain and our brains and make us feel more anxious. Practicing deep breathing can help to calm us down.



## BELLY BREATHING EXERCISE

When we feel anxious, we sometimes don't realize that our breathing can be bad for us. Our brain and our brains and make us feel more anxious. Practicing deep breathing can help to calm us down.

