



# BREATHING TECHNIQUES

to reduce stress and calm down



## Bumblebee Breath

- Lightly place a finger in each ear.
- Take a deep breath in through your nose, and hum softly like a bee as you breathe out.



## Rainbow Breath

- Take a deep breath in as you follow the arc to the top, pause, and then exhale as you follow the arc to the bottom.
- Repeat with each color.



## Finger Breathing

- Trace each finger with your pointer finger.
- Take a deep breath in as you go up each finger and exhale as you go down each finger.

### Keep In Mind.

Focusing on your breath will help you to shift your focus away from stressful thoughts and into the present moment.