

# Breathe

## BREAK YOUR STRESS CYCLE

Deep breathing lowers stress in your body. Increased oxygen calms your brain and allows your body to relax.



Let the “in breath” draw your awareness to the bottom of your lungs and the “out breath” release tension in your neck and shoulders.

Visit [swbhp.org](http://swbhp.org) for more information about Breaking Your Stress Cycle.