

Simple Sundays!

Here are some tips to clear your mind and center your breathing:

- 1) Breathe in slow and deep. Let your stomach fill with air.
- 2) Hold your breath for a few seconds.
- 3) Exhale slowly and think relaxing thoughts.
- 4) Repeat 5-10 times. Concentrate on slow, deep breaths.

This will help reduce stress levels by controlling breathing.



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