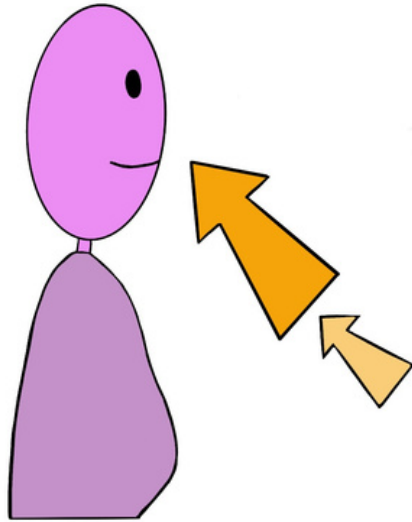


PSYCHOLOGICAL SIGH

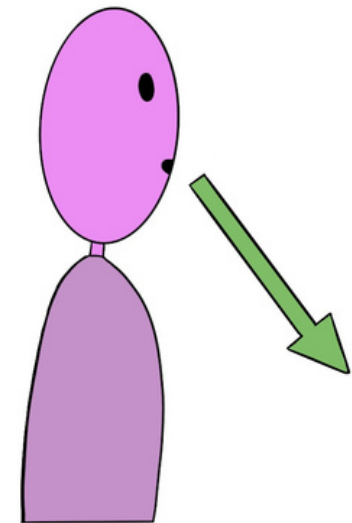


This simple self-soothing breathing technique rapidly helps reduce stress and manage feelings of overwhelm. It can also be useful if you are feeling angry or agitated.

The how-to:

Take a deep breath in through your nose to fill your lungs.

Then, without exhaling, take another shorter breath on top. Almost as if you are sniffing the air.



Release a long, slow exhale through your mouth until your lungs are empty.

You can repeat this technique 2 or 3 more times to help slow your heart rate and reset your nervous system.

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