



Breathe...Smile....Breathe

1. ***Take in a relaxed, slow, breath.***
(Breathe into your belly versus your chest)
2. ***Breathe out slowly during the next few steps.***
3. ***Smile.***
4. ***Let your shoulders down.***
5. ***Let your arms, elbows, forearms, and hands relax.***
(On your lap or wrist rest)
6. ***Let your jaw and facial muscles become loose and relaxed.***
7. ***Smile.***

If you have a moment, repeat these steps several times ...then allow your attention to linger on the movement of your breath and smile.

When you feel anxious, stressed, worried, or experience pain, follow these steps to recover quickly.

Remember your goal is not to stop your reaction, rather, to limit how long you hold on to the reaction.