



Slow Breathing Cards

These small wallet size cards are a handy reminder of rules for slow breathing



Staying Calm - Slow Breathing

You can do this anywhere but it can be easier if you sit or lie down

Breathe gently through your nose

Breathe in while counting slowly to four in your head

Breathe out slowly counting to four

Repeat for four minutes

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Simply print on to card and cut out. If you can, laminate for durability.

