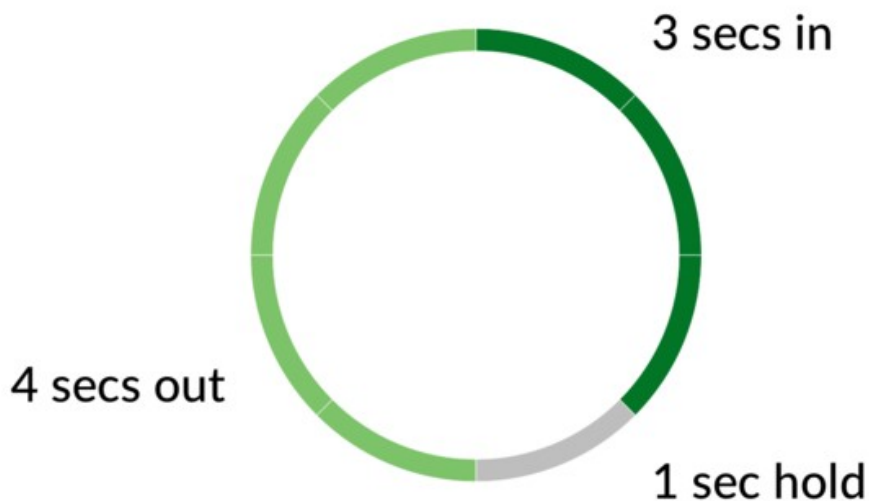


TOUGH TALK TOOLKIT



DEEP BREATHING

If you feel stressed, breathe into your stomach area to calm down



DID YOU KNOW?

In order for our bodies and minds to relax, there needs to be a balance between oxygen and carbon dioxide. This balance can be achieved by breathing slowly following this pattern.

The timing doesn't have to be exact. The key is breathing out slightly longer than in.

If you find it difficult to breathe from your stomach area, try lying on your back as you practise. This allows your stomach muscles to relax, allowing your diaphragm to move freely. Get a feel for the movement and then try again while standing or sitting straight.