

# TOUGH TALK TOOLKIT

BREATHING TOOLS - FROM STOP DROP BREATH

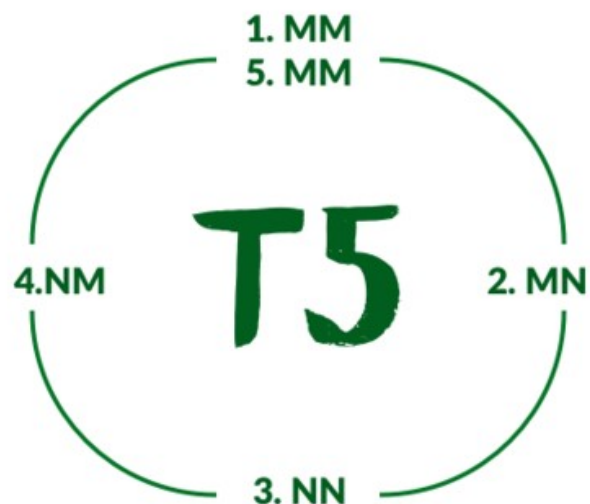


## THE TAKE5 BREATH

Within 5 breaths you can completely change your mental, physical, or emotional state.

### The Take5 Breath

1. MM: Inhale mouth - exhale mouth
2. MN: Inhale mouth - exhale nose
3. NN: Inhale nose - exhale nose
4. NM: Inhale nose - exhale mouth
5. MM: Inhale mouth - exhale mouth



This breathing method decreases stress and anxiety and increases calm, clarity and focus. When you slow your breathing down, your mind and body slow down too.

It's recommended to practice at a slow breathing pace. Whenever you feel life is overwhelming, or you'd like to slow down, give this a try.