

# TOUGH TALK TOOLKIT

BREATHING TOOLS - FROM STOP DROP BREATH



## THE CIRCLE

This breathing visualisation is useful for getting into a flow state. The circle teaches us to breath smoothly.

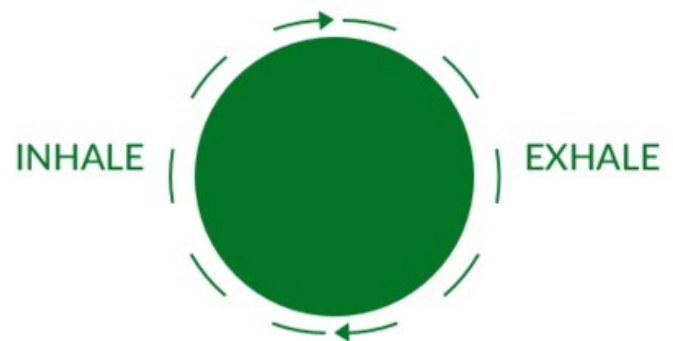
### The Circle

While doing the breathing exercise, visualise the shape in your mind.

Inhale from the bottom of the circle to the top while counting from 1-5.

Exhale from the top of the circle to the bottom while counting from 1-5.

Repeat as needed.



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.

It's also recommended that you feel your breath entering and leaving your body. Try focusing on the cool air as you inhale and the warmer air as you exhale.