

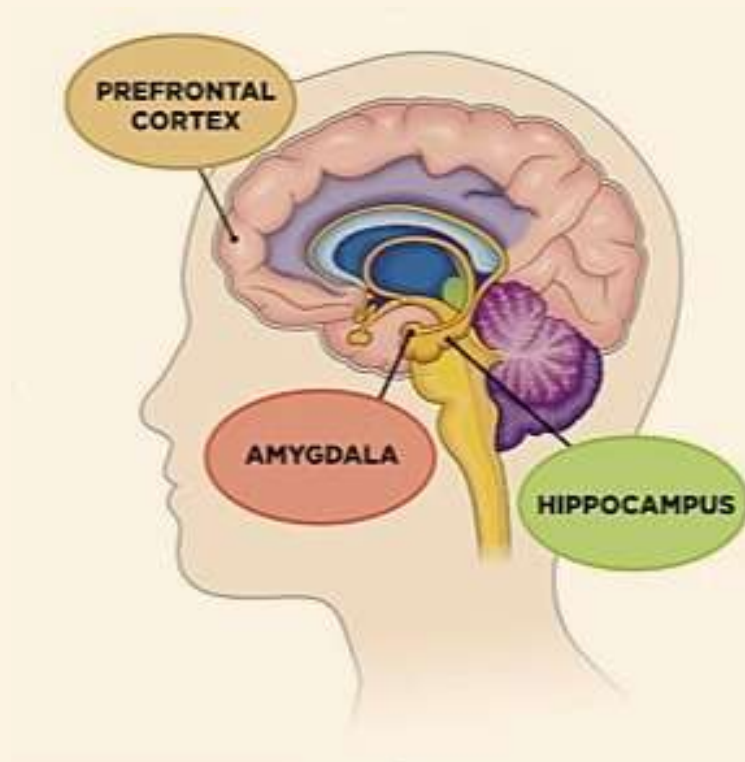
Managing stress with the power of mindfulness



one breath

MINDFULNESS CENTER

AMYGDALA HIGHJACK



MINDFULNESS PRACTICES



**2X
EXHALE**

Inhale through the nose,
exhale through the mouth in double time

S.T.O.P

Stop - Take a Breath - Observe
(Body, Thoughts, Emotions) - Proceed Wisely

4-7-8

Inhale through nose for 4 counts,
hold for 7 counts, exhale through mouth for 8

**NOW IS
NOW**

Let go of what happened before,
focus on the present moment