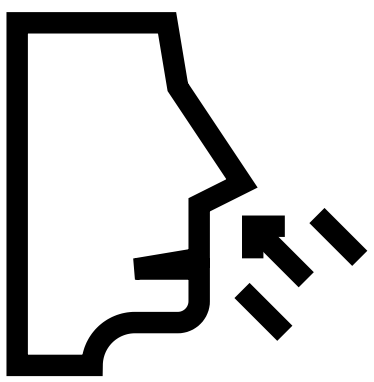
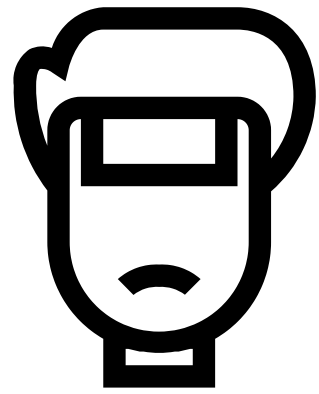


# Deep Breathing

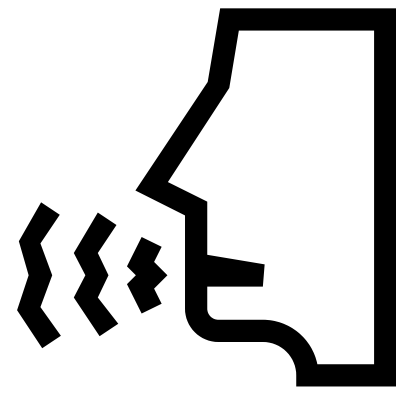
*Whenever you are overwhelmed, dysregulated or anxious...  
Take deep breaths in this manner*



Inhale  
Count of 3



Hold  
Count of 2



Exhale  
Count of 5

*Usually, when we feel dysregulated and/or anxious, we begin taking shorter breathes or withhold our breathing. Taking deep breathes helps our nervous system feel calmer and helps us calm down.*