

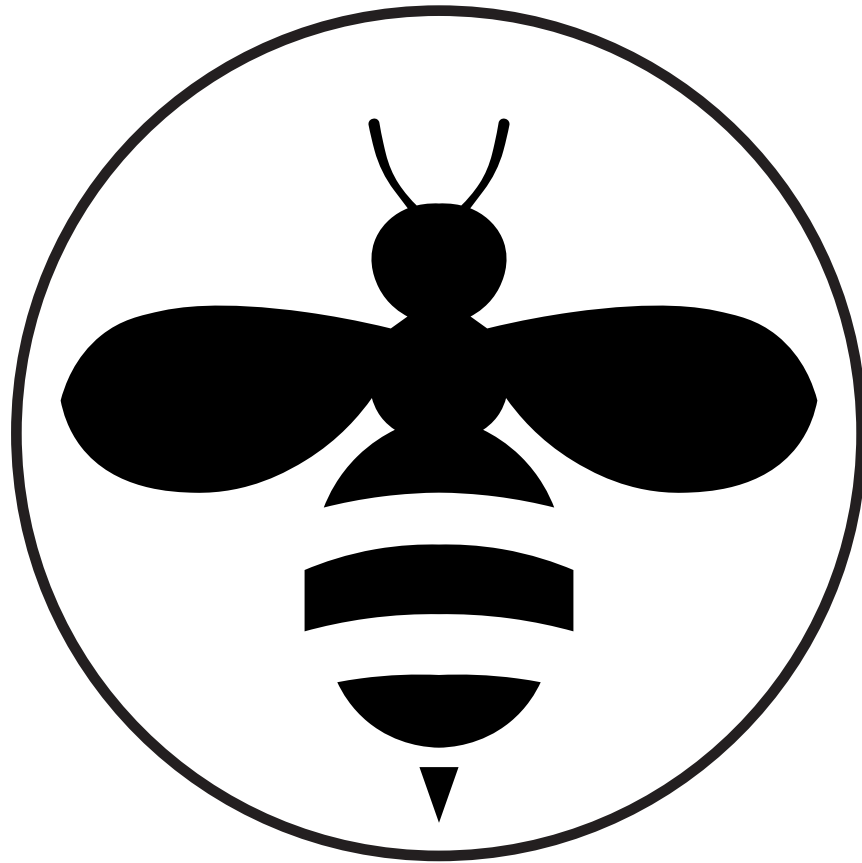


# Bumble Bee Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Inhale slowly through your nose. Place your fingers gently on your ears to close off external sound. Breathe out through your mouth, saying “buzzzzzzzzzzzz” for as long as you can. Repeat. Try a different sound such as “hummmmmmm” or “ohhhhhhhh”.

Repeat the bumble bee breathing until your body is calm and relaxed.



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