

Engaging Physiotherapists and gymnasts in the digital performance of their profession for distance guidance in physical exercise

## TO REDUCE STRESS AND CALM DOWN: BREATHING EXERCISES



Focusing on your breath will help you to shift your focus away from stressful thoughts and into the present moment.

- 1 Find a quiet place to sit or lie down.
- 2 Close your eyes and take a few deep breaths in through your nose and out through your mouth, exhaling slowly.
- 3 Start to breathe in through your nose for a count of four, then hold your breath for a count of four.
- 4 Exhale slowly through your mouth for a count of six.
- 5 Repeat this cycle of inhaling for four, holding for four, and exhaling for six, for a few minutes or until you feel calmer.

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