

Infographic No 4

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

<image>

Focusing on your breath will help you toshift your focus away from stressfulthoughts and into the present moment.

Find a quiet place to sit or lie down.

Close your eyes and take a few deep breaths in through your nose and out through your mouth, exhaling slowly.

Start to breathe in through your nose for a count of four, then hold your

breath for a count of four.

Exhale slowly through your mouth for a count of six.

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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