

WHY BREATHING EXERCISES?

When we feel anxious, we sometimes don't realize that our breathing can be bad for us. Our mind and our brains and make us feel more anxious. Practicing deep breathing can help to calm us down.

ARE A USEFUL TOOL TO CHECK-IN WITH AND CALL A MINDSCIENCE

FLOWER BREATHING EXERCISE

When you feel nervous or stressed, you can try a flower breathing exercise. It's a simple way to calm your mind and body.

seconds
breathe four times

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HAND-TRACING EXERCISE

Hand-tracing is a simple way to calm your mind and body. It's a good exercise to do when you're feeling nervous or stressed.

BELLY BREATHING EXERCISE

Belly breathing is a simple way to calm your mind and body. It's a good exercise to do when you're feeling nervous or stressed.

seconds
breathe four times

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