

WE ALL HAVE MENTAL HEALTH



3-4-6 Breathing

Find a comfortable seated or standing position. Close your eyes if that is comfortable and direct your attention to your breath.

Breathe in through your nose for seconds. hold for 4 seconds, and slowly exhale for seconds.

Repeat 3-4 times. Notice if your mind wanders and bring your attention back to your breath

Self-Care Tip: MINDFUL BREATHING can be used to maintain a sense of camp and develop the practice of staying present and in the moment.