

Breathing exercises:

Belly Breathing

Take a slow, deep breath through your nose and then breathe out fully through your mouth as if you were blowing bubbles.

Pursed Lip Breathing

Breathe in slowly through your nose with your mouth closed and then breathe out through your mouth with pursed lips (as if you were blowing a whistle).

Your Wellbeing Activity

Relax and Breathe

Try a deep breathing exercise to release tension and relax. You may want to test out different times of day to see when these exercises are most effective for you.



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