

# Mindful reset



**Focusing on your breathing is a powerful way to manage stress and be more present in the moment.**

Rate your stress level from 0-5



1

Write down any feelings or sensations you're having in your body.

Practice this mindful breathing technique.



Inhale deeply through your nose.



Hold your breath.



Exhale slowly through your mouth.



Repeat 5 times.

2

\*Caution: If you begin to feel dizzy, shorten the duration or return to your normal breathing rate and rhythm.

Rate your stress level from 0-5



3

Write down any feelings or sensations you're having in your body.

Practicing mindful breathing wherever you are is a simple way to reset, recharge and manage your stress throughout the day.

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