An easy breathing exercise

1 — Find a quiet place to sit or lie down.

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

3 — Start to breathe in through your nose for a count of four, then hold your breath for a count of four.

4 — Exhale slowly through your mouth for a count of six.

5 — 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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