



Take 5- Deep Breathing Exercises

- Find a relaxing space to sit quietly
- Close your eyes and inhale deeply through the nose, using your stomach while counting to 5
- Hold your breath for several seconds and exhale through your mouth for the count of 5
- Repeat this exercise for a total of 10 cycles

Source: globalhealingcenter.com

Respiratory Health



**Did you know that performing
Deep Breathing Exercises
at least once a day can....**

- >> Lower blood pressure
- >> Help clear the lungs of pollutants and contaminants
- >> Supply the lungs with oxygen enriched air that the lungs don't receive with shallow breathing
- >> Help calm the body and the mind and reduce stress



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