



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University Center for Child and Human Development

www.ecmhc.org



*Promoting Mental Health for Head
Start Children, Families, and Staff*



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Deep Breathing is a proven way to reduce stress:

1. Sit in a relaxed position.
2. Close your eyes.
3. Breathe in slowly and deeply through your nose. Hold for a few seconds.
4. Exhale through your mouth as if you were blowing out a candle.
5. Repeat at least 3 times.

You can do this at your desk, in your classroom, on the bus, or anywhere!

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Funded by: Office of Head Start,
ACF, DHHS (#90YD0268)



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