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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