



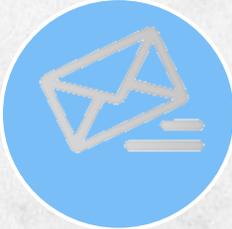
# Belly Breathing Meditation

Meditation

# Meditation Preparation



Silence your phone



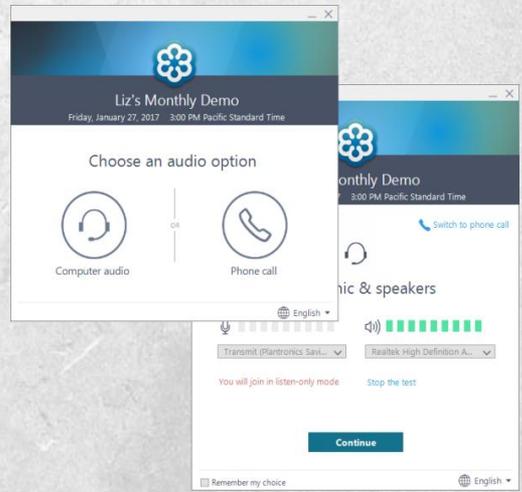
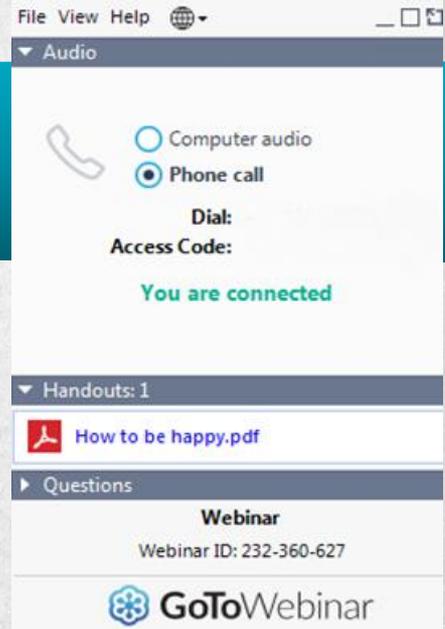
Exit out of email



Create a quiet Space



Play music







# Benefits of Belly Breathing

- Increases oxygen to the body
- Decreases heart rate and blood pressure
- Stimulates the immune system
- Place one hand on your chest and the other on your belly



# Bonus: Self-Narrative

- When you find yourself worrying, notice your current surroundings to keep you in the present.
- Answer either silently or out loud:
  - What am I doing?
  - What are the noises around me?
  - What are the colors around me?

# Contact:



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