

# Have You Tried Mindful Breathing?

This simple practice helps activate your body's relaxation response, reducing tension and promoting mental clarity.



Breathe in and slowly count to 5

Hold in that fresh air and count to 5

Exhale and count to 5

Repeat



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.

WELLBEING  
CALENDAR 2025



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Wellbeing Calendar resources.

1800 818 728  
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