

# Have You Tried Mindful Breathing?

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

START

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.



Scan here for more Wellbeing Calendar resources.

WELLBEING CALENDAR 2025

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