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[A WEEKLY DOSE OF KNOWLEDGE]

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Breathe In, Breathe Out



Deep breathing is one of the most simple and effective ways to reduce feelings of stress. And you can do it anywhere! Here's what to do:

1. Find a quiet place to sit or lie down.
2. Close your eyes or focus on a single point in front of you.
3. Breathe in slowly through your nose. Notice as your belly seems to fill with air.
4. Breathe out through your mouth, visualizing tension leaving your body with each exhalation.
5. Focus on the feeling of your breath moving through you.

If possible, continue for 10 minutes. But even just a few will help!

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

Your Core Is Key

How to Build Abdominal and Back Strength



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