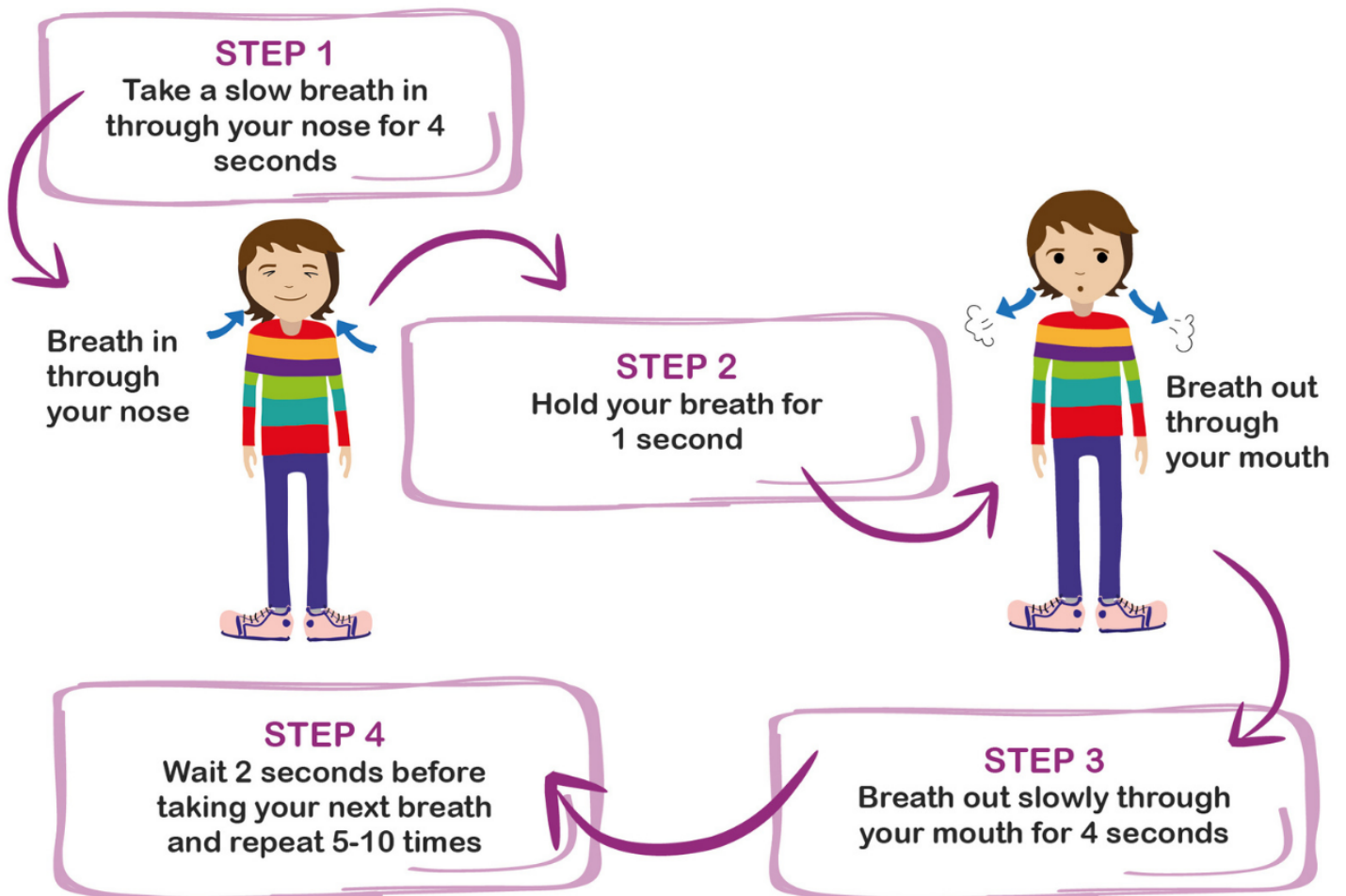


Calm Breathing



STEP 2: Practice, practice, practice

To use this tool really well, you need to become an expert at calm breathing.

The only way to become an expert is to practice every day.

Rules of practice:

- Practice twice a day, doing 10 calm breaths in a row
- With plenty of practice, you'll start to notice that calm breathing helps you feel better when you're feeling anxious