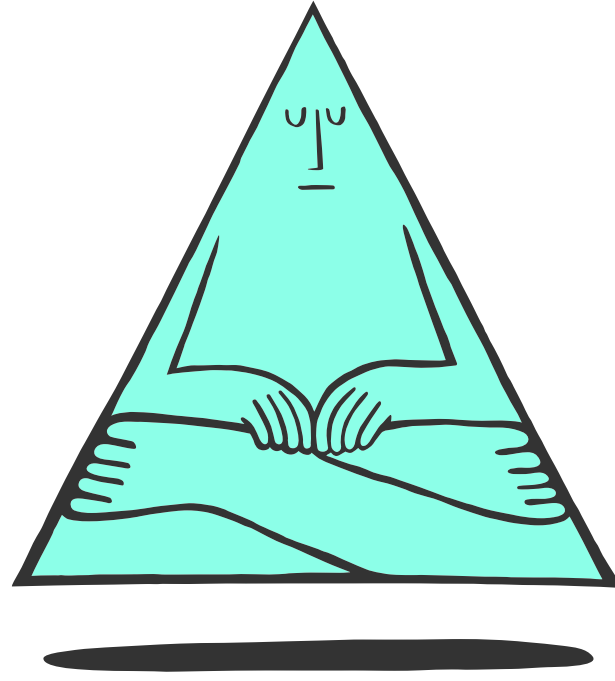


# Take a breather and relax



Here is a simple practice that activates the parasympathetic nervous system, which cues the body to relax and chill a little. Take a couple minutes to learn this breath exercise and it will serve you for a lifetime.

**1**

Get comfortable.

**2**

Breathe in as you count to four.

**3**

Breathe out as you count to six or eight. Repeat for 90 seconds.