



## Humming bee breath

- Close your eyes and relax your face.
- Place your first fingers on the tragus cartilage that partially covers your ear canal.
- Inhale, and as you exhale gently press your fingers into the cartilage.
- Keeping your mouth closed, make a loud humming sound.
- Continue for as long as is comfortable.

## Pursed Lip breathing

- Relax your neck and shoulders.
- Keeping your mouth closed, inhale slowly through your nose for 2 counts.
- Pucker or purse your lips as though you were going to whistle.
- Exhale slowly by blowing air through your pursed lips for a count of 4.



# Big Tea Break Moment of Calm Techniques