

Breathe

It might sound crazy, but I still forget to breathe sometimes 😊

Below are some great **APPS** to help you focus on breathing, you can change the length of the breath and timing to make it work best for you – The Apps keep it *Simple & Fun...*

HELPFUL RESOURCES

	<p>Breathe App from Reachout.com</p> <p>Helps you slow down your breathing and heartrate using visual cues. It is very effective!</p> <p>Learn More / Get the App</p>
	<p>Stop, Breathe, Think App</p> <p>Allows you to check in with your emotions, meditate and breathe, based on your mood.</p> <p>Learn More / Get the App</p>
	<p>Calm App</p> <p>It has visual breathing exercises and calming sounds to help you relax.</p> <p>Learn More / Get the App</p>

BEFORE you REACT... Pause... Take a breath

Try to *come from a place of Kindness* (I know, it's easier said than done some days), then CHOOSE how you would like to RESPOND.

Check in with yourself, what thoughts and feelings are going on with you?

Sometimes even just labelling the emotion helps to accept it and move past it.

One of my favourite notes around the house is...

“When given the choice between being RIGHT or KIND, choose KIND” by Dr Wayne W. Dwyer (Pic from @ invinyl.etsy.com).

