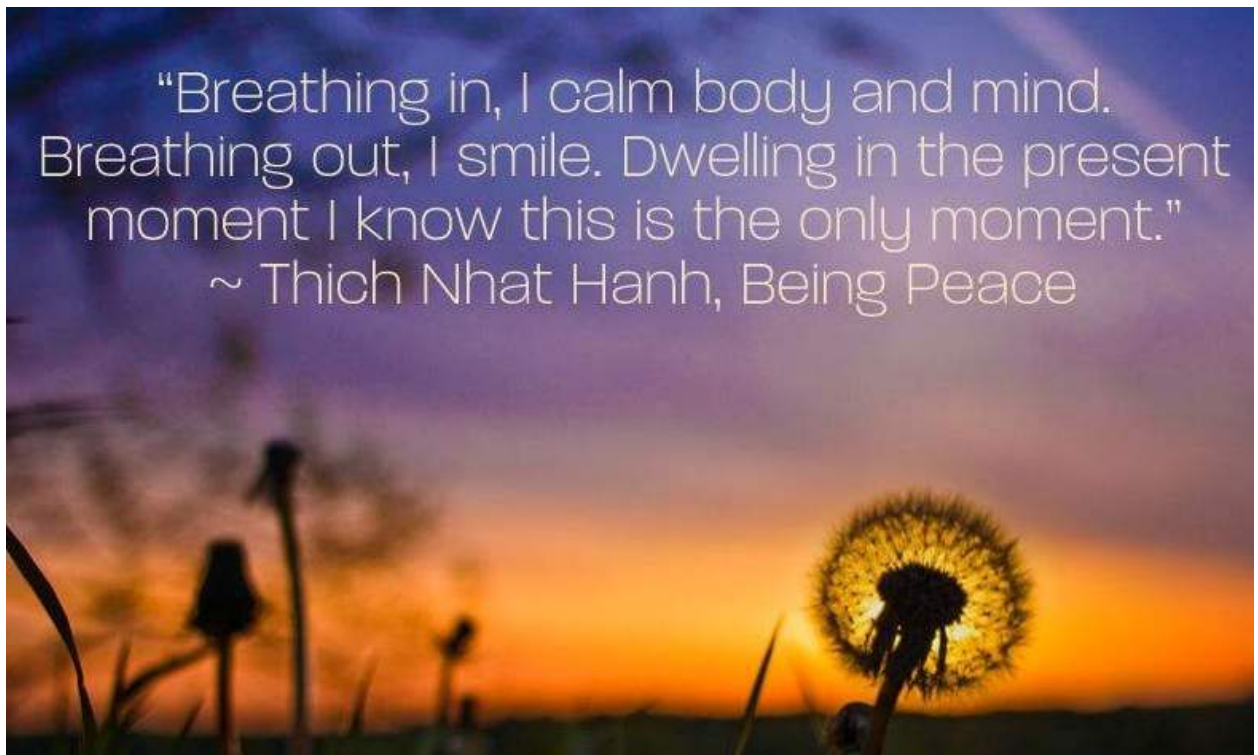




"Breathing in, I calm body and mind.
Breathing out, I smile. Dwelling in the present
moment I know this is the only moment."
~ Thich Nhat Hanh, Being Peace

Our breath is a powerful tool to calm the mind and body. Scientific research shows that breathing practices can have a powerful positive impact. Peace breathing can decrease depression and anxiety, strengthen our ability to regulate emotions, calm and relax the body and reduce trauma symptoms. It also helps us make actions less reactive and more positive. By practicing Peace Breathing regularly, you will increase your ability to access and use it in the midst of a high stress/conflict situation.

Here are a few suggestions to say to yourself while breathing in and out:

*Breathing In, I know that I am breathing in
Breathing out, I know that I am breathing out*

*Breathing in, I see myself as a mountain
Breathing out, I feel solid*

*Breathing in, I see myself as still water
Breathing out, I feel calm.*

*Breathing in, I calm my body and my mind
Breathing out, I smile.*