

# REMEMBER TO BREATHE!

One of the first things FEAR does is to  
create a stress response in the body...  
and the first reaction to that  
is to 'stop' breathing!

We don't actually stop of course...  
but we do breathe very high and shallow...  
which means less oxygen goes to our brain....

Which means we can't think clearly and lose our  
focus...and we can panic, become pessimistic,  
depress our immune system and make silly  
decisions.

If you are feeling overwhelmed, anxious or  
concerned, check your breathing and  
**STOP AND TAKE SEVERAL DEEP BREATHS**  
At least two.

Right down to your diaphragm.  
Expand your whole chest.  
Blow the air all the way out.

And you will feel better!  
**Repeat every hour at least!**