



## **GOAL SESSION 2 BREATHING, STRESS AND RELAXATION**

Join our [Facebook group](#)

Our PDF booklet with meal planner pages, pacing, gratitude etc [here](#)

Breath video by [James Nestor](#)

[Breathing meditations](#)

### Breathing, relaxation meditations/practices

- Shoulder rolls whenever you remember—watching TV, sitting on the bus, in the car etc. Bring the shoulders fully up, over, behind and down. Do it slowly and gently, breathing in through the nose as you lift your shoulders, breathing out as you lower them. Repeat 5 times.
- Shoulder shrugs, squeeze shoulders up to ears, let them drop right down. Repeat 5 times.
- Find somewhere comfortable to sit where your shoulders can be relaxed and feet can touch the floor.
- 4:5:6, Breath gently in through the nose for your count of 4 hold very gently for 5, release out of nose or mouth for 6. Repeat 5 times.

### Government guidelines

- 150 minutes of moderate intensity exercise
- 2 strength sessions
- 2 balance sessions

See [here](#) for more details.

