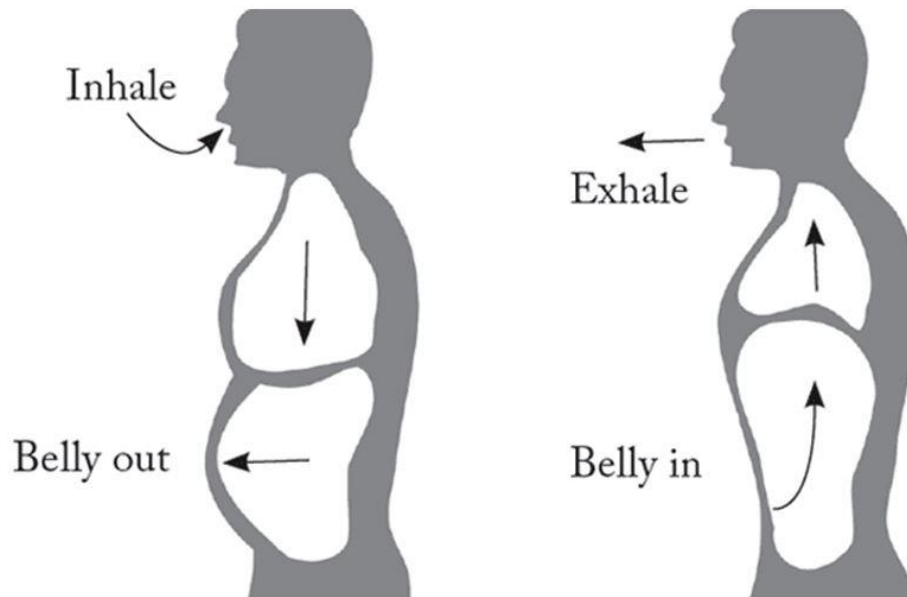


Do you know how to breathe?



Anxiety and stress causes the body to enter a “fight or flight” mode that results in the release of the stress hormones cortisol and epinephrine.

Diaphragmatic breathing is a tool for not only achieving mindfulness but also has the physiological benefit of pulling the body out of “fight or flight”.

Are you reacting to stress? Or responding to it?

