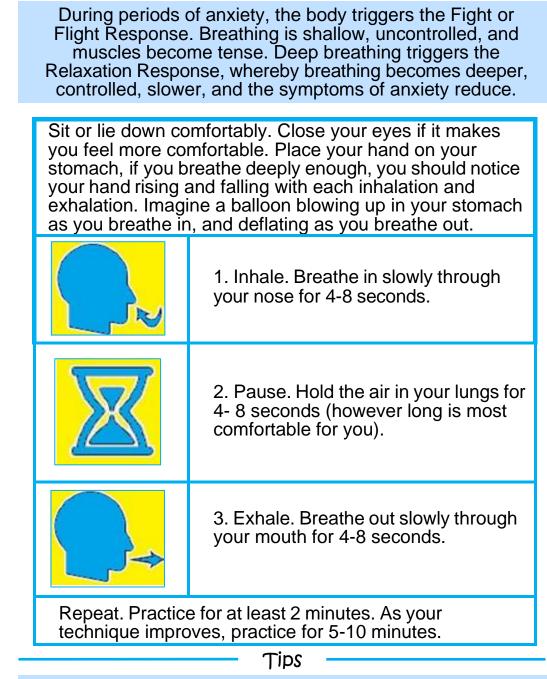
Calming The Body: Deep Breathing



- 1. Slow down. The most common mistake is breathing too quickly. Count each step slowly as you do so.
- 2. Counting your breaths takes your mind off the source of anxiety. Counting acts as a distraction, whenever you catch your mind wandering, return to counting.

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