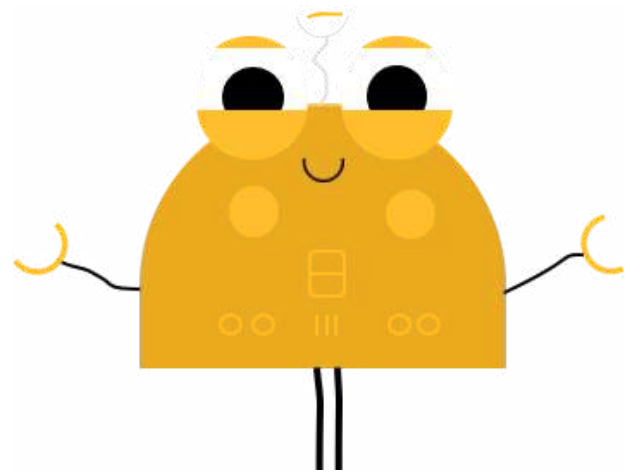
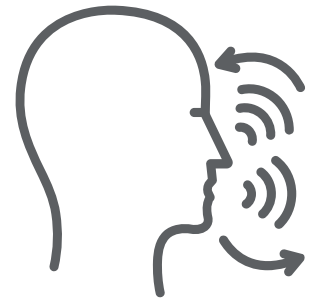


# Mindfulness helps reduce stress



**Mindfulness is: paying attention to the present moment.**

Breathing deliberately is one way of being mindful.



## Try this

- Stop what you're doing, take three long, slow deep breaths.
  - Breathe IN for 3 counts
  - HOLD your breath for 1 count, and
  - Breathe OUT for 4 counts. **(3-1-4)**
- Or you can try a **4-2-6** rhythm. The main thing is that your out-breath is slightly longer than your in-breath.

## To learn more about **mindfulness**

- Visit [smilingmind.com/au](https://smilingmind.com/au) or download the free Smiling Mind app on your smartphone.
- Visit [headspace.com](https://headspace.com)