

# ECHO – Every Choice Has Opportunity

## Deep Breathing Connect Card

### Your Calm-Down Tool

#### WHAT IS MINDFULNESS?

Being aware of RIGHT NOW - your thoughts, feelings, and what's happening around you.



BREATHE IN  
1-2-3-4



HOLD  
1-2-3-4



BREATHE OUT  
1-2-3-4



HOLD  
1-2-3-4

HOW TO DO IT	WHY IT WORKS	WHEN TO USE IT
<ol style="list-style-type: none"><li>1. Put one hand on your stomach</li><li>2. Breathe IN through nose (feel stomach rise)</li><li>3. Breathe OUT through mouth (stomach falls)</li><li>4. Count slowly: 1-2-3-4 for each step</li></ol>	<ul style="list-style-type: none"><li>• Slows your heart rate</li><li>• Relaxes your muscles</li><li>• Helps you think clearly</li><li>• Reduces stress in your body</li></ul>	<ul style="list-style-type: none"><li>• Feeling overwhelmed or stressed</li><li>• Before making big decisions</li></ul>

