

## Wellbeing for the Bush

# TAKE A BREATHING BREAK

Complete this activity several times a day to help refresh you, replenish your energy, let go of distractions, and increase your focus. You can practise this simple, two-step activity anywhere and anytime you wish to return to a calmer state.

### Step 1

Stand and take a deep breath whilst raising your arms slowly over your head.

### Step 2

Exhale as you lower your arms. Repeat this exercise three times.



**Well done for doing something today to support your wellbeing.**

Why not share the Take a Breathing Break technique with a friend or work colleague? For more wellbeing exercises and resources to support your wellbeing, visit [crana.org.au/support](https://crana.org.au/support)