



Saint Catherine's

Caring for you at Hospice and Home

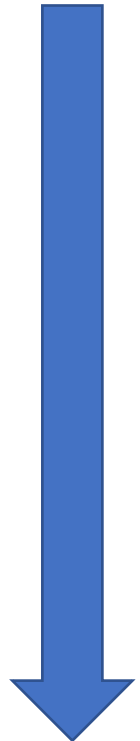
BREATHE OUT



BREATHE IN



BREATHE IN



BREATHE OUT





Saint Catherine's

Caring for you at Hospice and Home

1. BREATHE IN THROUGH YOUR NOSE FOLLOWING THE SHORT SIDE OF THE RECTANGLE.

2. SLOWLY BREATHE OUT FOLLOWING THE LONGER SIDE OF THE RECTANGLE.

3. REPEAT THE STEPS AND REMEMBER TO RELAX YOUR SHOULDERS.