

NAME OF THE EXERCISE: Breathe with touch

HOW LONG WILL THIS TAKE: Approximately 2 minutes

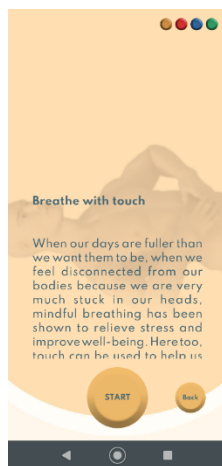
AIM OF THIS EXERCISE: To help us become more aware of the importance and benefits of breathing to relieve stress and improve our well-being.

1. To find the exercise, click on “Stress Control” in the exercise tab.

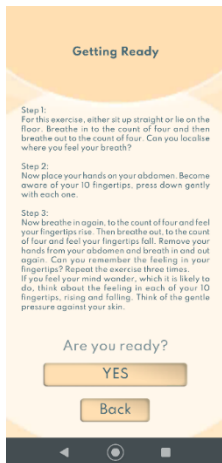


2. Click on “Breathe with Touch” Exercise

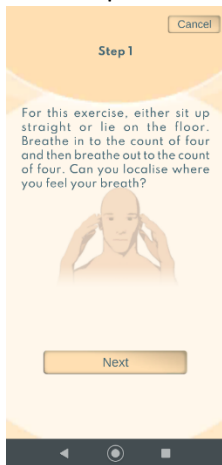
You will then be taken to the Exercise description. You can scroll down on the screen to read the entire description. Click on “Start” when you are ready.



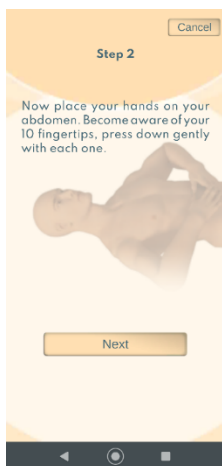
3. Read the instructions for the 3 steps and Click “Yes” when you are ready.



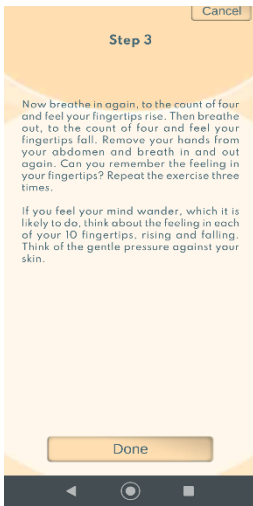
4. Take your time with Step 1 and try to localize your breath. Click on “Next” when finished to move on to step 2.



5. Take your time with Step 2 until you become aware of each of your 10 fingertips. Click on “Next” when finished to move on to step 3.



6. Take your time with Step 3 and repeat this exercise 3 times. Click on “Done” when finished to move on to the next step.



7. You will then be asked to indicate how you feel after this exercise (on a scale from “worse” to “much better”). Simply click on one of the options.
8. You may also add a note to your diary or make a suggestion about your experience with the app.

