

## Breathing Techniques Helpful Links:

<http://www.yourmentalhealth.ie/?gclid=CMaWjoH3kdMCFeuw7QodJLM OUA>

<http://www.aware.ie/help/information/information-on-depression/?gclid=CNKtooz3kdMCFcu77QodaGYD2w>

<https://www.jigsaw.ie/?gclid=CLXE-aT3kdMCFe-37QodVrcBPQ>

<http://www.webmd.com/balance/stress-management/tc/stress-management-breathing-exercises-topic-overview#1>

<http://greatist.com/happiness/breathing-exercises-relax>

<https://my.clevelandclinic.org/health/articles/diaphragmatic-breathing>

<http://www.liferesolutions.co.uk/uploads/pdfs/7%2011%20fact%20sheet.pdf>

<http://www.dotbe.org/>



Insight;



breathe well:



calm: