

Sends a message to your brain that everything will be okay...and, that you can get through hard things



Helps you to solve problems and find solutions



Decreases tension, stress, and anxiety

Grows the thoughtful pre-frontal cortex part of your brain

Helps you to feel more calm and capable



why MINDFUL BREATHING is your SUPERPOWER



Clears up foggy thinking and improves memory, attention, focus and concentration

Improves your immune response, keeping you stronger and healthier



Decreases blood pressure and slows down your heart rate

Improves self-control



Acts like a "Pause" or "Reset" button, moving you out of a Fight-Flight-Freeze state into a Relaxed & Responsive state

