

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