Let's Practice Diaphragmatic Breathing!

	Take a deep breath and be Calm.	,
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And the state of t	Smell the flower Blow out the candle	
Steps:	The second secon	
	er chest and the other on your belly, our belly button.	just below your ribcage. Your
Slowly breathe in through your The head and a second to the head are the head	ur nose, directing air toward your l	pelly, so that your stomach
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