Take a break and breathe

I take a break and breathe when:

Breathing Steps

1. IN:
Relax the shoulders and breathe in for four counts. Count One fish, two fish, three fish, blue fish.

2. HOLD:
Now hold the breath for four counts.

3. OUT:
Breathe out for four counts. Slow and deep as if blowing bubbles. Repeat two to three times.