

Resources for Self –Care (Breathing)

Breathing Exercises Videos:

https://www.youtube.com/watch?v=sJ04nsiz_M0

<https://www.youtube.com/watch?v=SclZwqr5xpE>

<https://www.youtube.com/watch?v=SQf53VLXNsU>

Ted Talks:

<https://www.youtube.com/watch?v=GlwYT7VpkNE>

https://www.youtube.com/watch?v=hFcQpNr_KA4

https://www.youtube.com/watch?v=hFcQpNr_KA4

<https://www.youtube.com/watch?v=1sgb2cUqFiY>

[https://www.youtube.com/watch?v= QTJOAI0UoU](https://www.youtube.com/watch?v=QTJOAI0UoU)

<https://www.youtube.com/watch?v=woylhwomy1U>