

Supporting the **MENTAL HEALTH**
of Nova Scotia Farmers 



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DEEP BREATHING

Instructions

STEP 1:

Sit or stand in a comfortable position.

STEP 2:

Drop your shoulders and relax all of the muscles in your body.

STEP 3:

Take a slow deep breath in through your nose. Hold for 1-2 seconds.

STEP 4:

Breathe out through your mouth.

STEP 5:

Repeat as many times as needed to feel the stress leave your body.

For confidential and immediate support 24/7/365, contact the Farm Family Support Centre:
1-844-880-9142