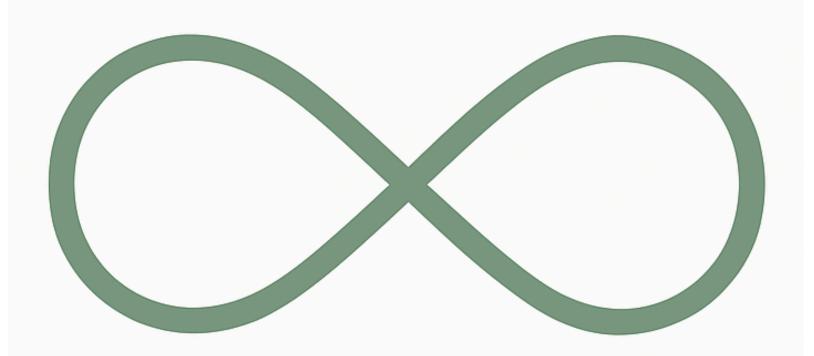
Coach Jo's Figure-8 Breathing Technique

"Reset your mind. Reconnect to your body.

Reclaim your energy."



- 1. Trace the Figure 8 with your finger (or your eyes) slowly.
- 2. Inhale through your nose for a count of 4 as you trace the top loop.
- 3. Exhale through your mouth for a count of 4 as you trace the bottom loop.
- 4. Repeat the cycle for 2–3 minutes or until you feel grounded.

Affirmation "I am safe. I am steady. I am supported."