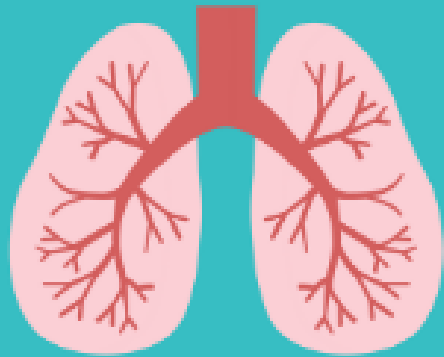
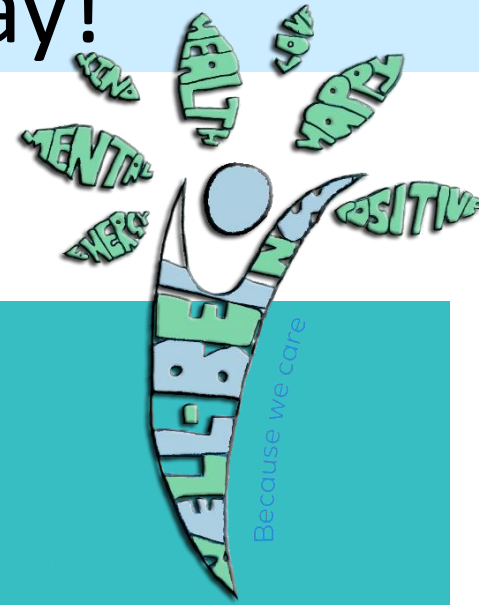


Happy Well-being Wednesday!

Do you ever feel stressed or anxious and your heart starts beating fast?



Square Breathing

Learn how to practice square breathing – a technique that can help connect you more deeply with your body, calm your nervous system, and decrease stress in your body.

Happy Well-being Wednesday!



WHAT IS MINDFUL BREATHING?

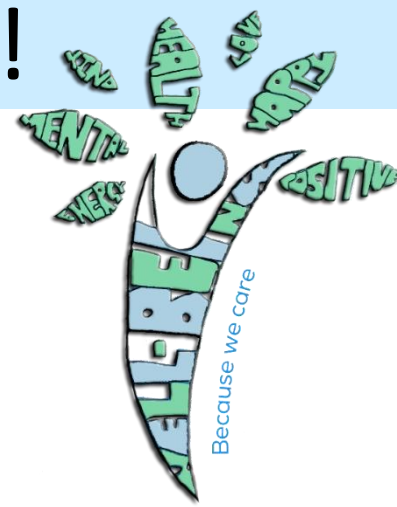
At its core, [mindfulness](#) breathing is simply the practice of concentrating on your breath. Of all of the automatic processes that your body does, only a few are controllable. Breathing is one of them.

You can both observe yourself breathing and control your breath. This enables a wonderful opportunity for the strengthening of the mind-body connection.

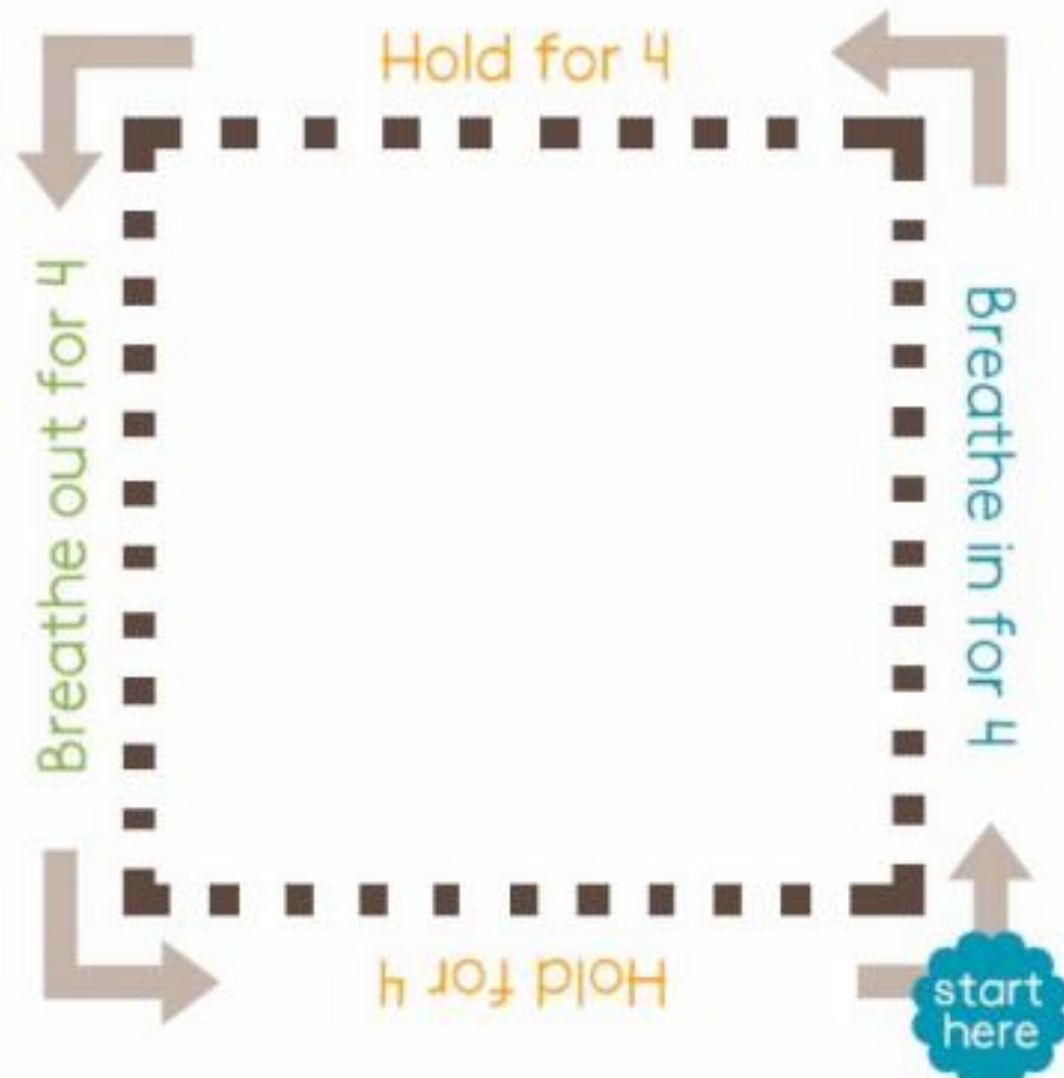
The brilliant thing about mindful or conscious breathing is that you can do it anywhere, anytime. Although guided breathing meditation courses are available, there are really no “absolute” rules when it comes to [breathing exercises](#). Meditation breathing techniques can help you learn, but in the end, the power of focus breathing always lies within you.



Happy Well-being Wednesday!



SQUARE BREATHING



Happy Well-being Wednesday!

Where to get help if you need support:



Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

@RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Duty team
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

