

WIND BREATHING

BREATHE IN. REACH UP. BREATHE OUT. SWAY.

Stand or sit outside and imagine you're a tree. Breathe in slowly as the branches "reach" toward the sky, then breathe out as they "sway" in the wind.

HOW TO TRY IT:



1 Roots

Stand or sit tall.
Feel your feet (or seat) connected to the ground.



2 Breathe In– Reach Up

Slowly breathe in through your nose. Raise your arms like branches reaching up.



3 Breathe Out – Sway

Slowly breathe out through your mouth. Let your arms sway gently side to side like branches in the wind.



4 Repeat

Try 3–5 rounds.
Notice how your body and mind begin to feel.



When things feel stressful or overwhelming, be a tree. Stay strong. Breathe. Sway. Let it go.



WHY IT HELPS



Calms your mind and reduces stress



Helps your body relax naturally



Builds focus and emotional balance.

Make it your own!

- Choose a favourite tree to imagine.
- Notice the real wind on your skin.
- Take your time. There's no rush.



YOU MATTER. YOU ARE STRONG. YOU ARE NOT ALONE.

Brought to you with care by your epilepsy support community.