



SMILE BREATHE

Sit in a comfortable position. If standing, bring your awareness to the soles of your feet.

Close your eyes and find a comfortable posture. Soften the face and jaw - allow there to be space between upper and lower teeth, keeping the lips closed.

**Create a gentle smile on your face.
Breathe in slowly through the nose.
Breathe out softly through the nose.
Think of one person who always makes you smile.**

**Take 5 more slow breaths.
Breathing in and out through the nose.
Keep a gentle smile on your lips.**

Notice any happy or lighter feelings in the body