

Mindful Breathing



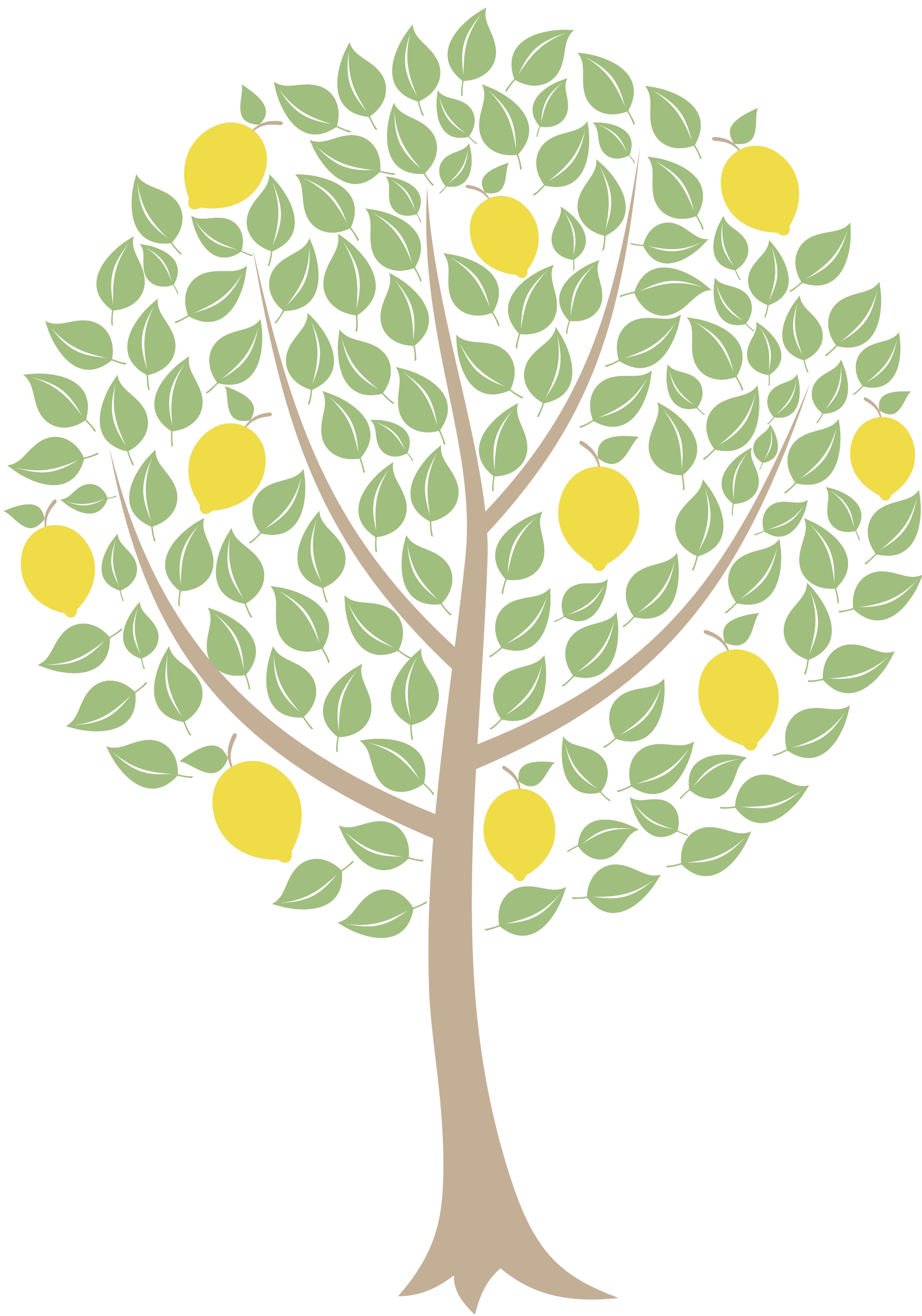
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Live, Longer, Stronger

Grab the Lemon.

Imagine a big beautiful lemon tree in the middle of the room.



- Reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – **squeeze, squeeze, squeeze.**
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade!
- After your last squeeze and throw, shake out your hands to **relax!**

