

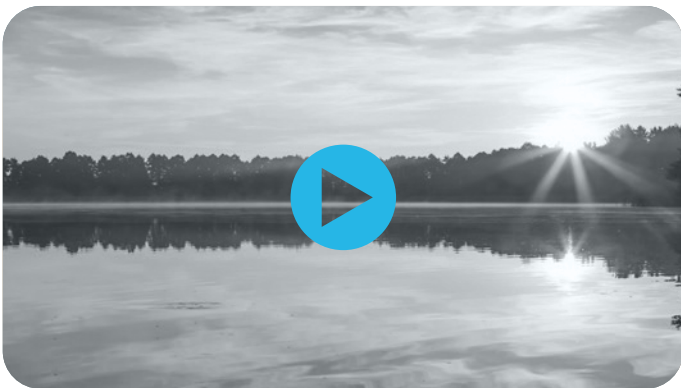
# Find Calm in the Chaos: 2 Guided Breathing Exercise for a More Productive Day

When we are feeling stressed or anxious, our bodies can go into “fight or flight” mode, which can make it difficult to think clearly and make rational decisions.

By taking a few moments to focus on our breath, we can override our bodies natural response, which helps to calm us down and reduce those feelings of stress and anxiety.

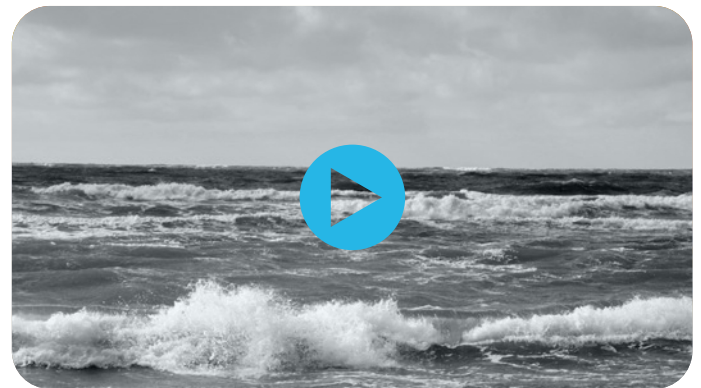
Take a deep breath and step out of your comfort zone by trying two different guided breathing exercises and see the positive impact it can have on your wellbeing.

So why not give it a try? Your body and mind will thank you!



## The Quick Reset: A 3-minute Guided Breathing Exercise

Are you feeling overwhelmed or stressed out? Take a deep breath and reset with a 3-minute guided breathing exercise led by Global Wellbeing Expert, Jessie Pavelka. This exercise is perfect for those in-between moments when you need a quick solution to reduce feelings of stress and anxiety.



## Breathwork Break: A 10-minute Guided Breathing Exercise

Let Global Wellbeing Expert, Jessie Pavelka guide you through a series of deep, intentional breaths, allowing you to fully connect with your breath and find a sense of calm. This exercise is perfect for those looking to take a bit more time for themselves and truly unwind. So why not carve out some time in your day to give this 10-minute guided breathing exercise a try and experience the benefits of intentional breathing for yourself?