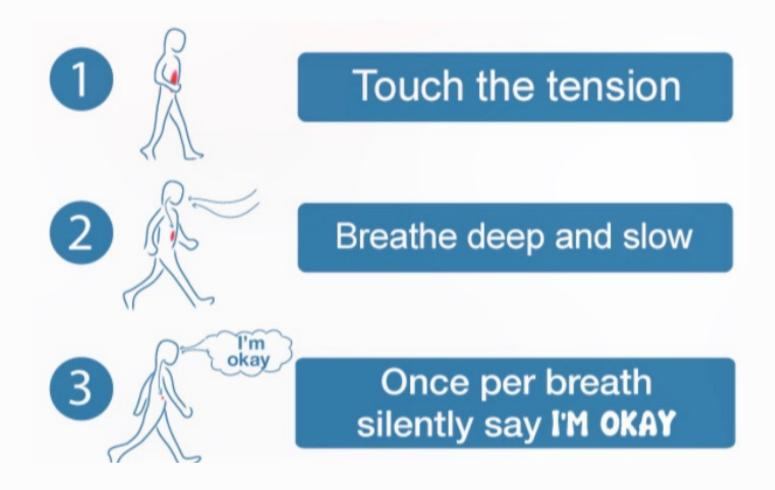
## STRESS STOPPER BREATHWORK

## **Take Action During Your Reaction**



Repeat these 3 steps together until the tension goes away.

Stress Stopper Breathwork is certified by The American Institute of Stress.

