



## Breathing and Mindfulness Exercises

Breathing and mindfulness exercises can alleviate stress and depression, and lead to better positive emotions. Try these easy exercises from Irreducible Grace Foundation (IGF):

### [Heart Breath Break \(YouTube\)](#)

Sannia from the Voices of IGF will introduce heart breath, which is used to break down cycles of anxious paralysis, and calm your brain from distractions. Follow along and learn to pay attention to your heart beats.



### [Humming Breath Break \(YouTube\)](#)

Tearra from the Voices of IGF teaches a mindful technique that her ancestors used to get through horrific times and used to metabolize their pain: Humming. The art of humming uses vibrations that can help break up tension, stress and trauma that lives in our bodies.



### [Praying Hands Mindful Exercise \(YouTube\)](#)

Natalia will introduce and guide you through this mindful tool called praying hands. Praying hands is used to calm you down when you are in high stress. It combines mindful physical movement, which helps to shift stress from body, and deep breaths. This mindfulness tool can be used with kids.

