

## YOU NEED CALM TO ACCESS YOUR KNOWLEDGE

If you want to access all your knowledge for your exams at school, getting calm is essential. When we are stressed we can't access the part of our brain that stores all our knowledge. That's why we say I couldn't remember. Its not that you can't remember, its because you can't access that part of your brain. Do your RESET Breathing and your knowledge comes back online.



**THE POWER IS ALWAYS WITHIN YOU**

CALM IS GREAT FOR SPORT, CALM HELPS YOU TO MAINTAIN YOUR FOCUS, YOUR BREATHING ANYWAY, MAKE EVERY BREATH COUNT. CALM DOES NOT STOP YOU FROM RUNNING FAST IN FACT IT ALLOWS YOU TO USE YOUR ENERGY MORE EFFICIENTLY. YOU DON'T WASTE ENERGY ON STRESS. YOU HAVE MORE PETROL IN YOUR TANK

**CALM IS WHAT IS NEEDED TO ACCESS YOUR INTERNAL SUPER POWER  
RESET BREATHING IS COOL**



**The Mindful Nurse Australia**

[www.themindfulnurseaustralia.com.au](http://www.themindfulnurseaustralia.com.au)



EVERYONE HAS A RESET  
BUTTON

PRACTICE MAKES PERFECT

USE IT OR LOOSE IT



WE BREATHE ANYWAY MAKE  
EVERY BREATHE COUNT

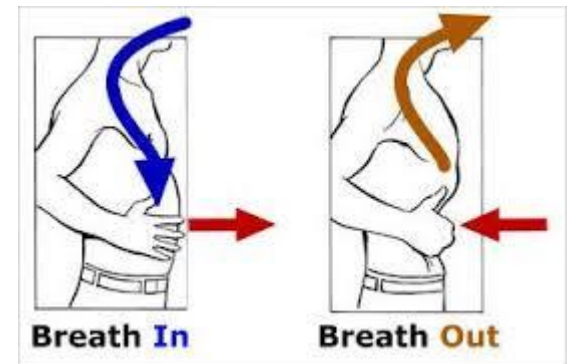
RESET  
BREATHING IS A  
SUPER POWER

## RESET BREATHING FOR KIDS

### RESET BREATHING

- 1) Place one hand on your belly button and one hand on your upper chest
- 2) Relax your belly
- 3) Breathe in through your nose and fill your lungs slowly saying in your mind (RE)
- 4) Allow your lungs to expand downward, pushing out your diaphragm and expanding your belly, moving your bottom hand
- 5) Hold for a moment
- 6) Breathe out slowly through lips or nose, which ever feels more comfortable saying in your mind (SET)
- 7) Repeat - In RE, Breathe out SET

## BELLY OUT BELLY IN



PRACTICE  
PRACTICE  
PRACTICE

