

# Bumble Bee Breathing

Mental Health Boost



Find a comfortable seated position with your legs crossed.

Slowly breathe in through your nose for a count of four.

Hold your breath for another count of four.

As you exhale, make a gentle humming or buzzing sound like a bee. Feel the soothing vibration as it calms your mind and body.

Repeat the bumble bee breathing until you are calm and relaxed.