

# WHEN IN DOUBT REMEMBER

## B.A.M.

Breathing

Awareness

Movement

Return to your rhythm. Revisit your breath and let it set a tone of constant and steady support. Listen to your body.

Breathe.

IN. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 -

HOLD. 1 - 2 - 3 - 4 -

RELEASE. 1 - 2 - 3 - 4 -

REPEAT

When releasing make sure your breath is controlled. An excellent way to do this is saying baby's name when breathing out.

Also humming helps steady the body with the continuous vibration and sound. It is a great way to stay present.