



A Mental Health Moment ...

A couple of obvious statements – “THE BRAIN IS REALLY IMPORTANT” --- and “THE BRAIN NEEDS OXYGEN TO WORK WELL” --

So, what do we do when we are in an uncomfortable conversation, or remembering one – or anticipating one.

Or are frightened, or overwhelmed – we breathe less - start breathing more shallowly – less and less O₂ gets where it needs to.

As a result, our thinking is less thorough – less relaxed – and the way we feel can spiral to fight or flight.

This particular Christmas holiday may become a great time to practice breathing – it can be done anywhere, anytime: in public, in the car, or at home.

Slow, deep breaths – teach your kids—your elders – have a group breath or two if the family or friend conversations develop pockets.

Be the relaxed ones, the easy welcoming ones – and have a very Merry Christmas.