

## **We Got This**

**(Ghannam, 2018)**

- 1. Sit down back-to-back on the floor with legs crossed and backs slightly touching.**
  - 2. Tune into your own body and breathing first. Notice how you feel as you slow your breath down.**
  - 3. Now shift your attention to your partner.**
  - 4. Notice the physical support of your partner.**
  - 5. Take an inhale, and on the exhale say silently "We got this."**
  - 6. Repeat three to five times or as many times as you'd like.**
  - 7. To infuse more energy into this breathing exercise, do a few rounds saying "We got this" together aloud.**
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