



FORGED FROM FIRE
THE MAKING OF THE BLACKSMITHS' TREE

A film by Andrew Garton

forgedfromfirefilm.com

VIEWER RESOURCES

Breathing for Relaxation

Sit in a comfortable position with your eyes either open or closed, which ever you prefer.

Place one hand on your chest and the other on your belly.

Inhale and exhale normally and observe your hands rising and falling.

Now, on the next in-breath, concentrate on it filling your whole body, notice your belly extending to make room for your breath.

Inhale long and slow through your nose, hold for a few seconds and then exhale long and slow through your mouth feeling your belly move in as your breath moves out.

Repeat as needed.

Emergency Services: 000

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Better Health Channel: <http://www.betterhealth.vic.gov.au/healthyliving/trauma>

Phoenix Australia – Centre for Posttraumatic Mental Health:

www.phoenixaustralia.org/recovery/