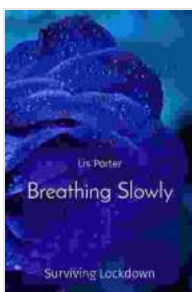


# Breathe Slowly: Your Guide to Surviving Lockdown

By Lis Porter

The COVID-19 pandemic has had a profound impact on our lives. For many of us, lockdown has meant isolation, uncertainty, and anxiety. In her new book, *Breathe Slowly*, Lis Porter shares her personal experiences and insights, as well as practical advice and exercises to help you cope with the challenges of lockdown.



## Breathing Slowly: Surviving Lockdown by Lis Porter

★★★★★ 5 out of 5

Language : English  
File size : 948 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 279 pages



Lis Porter is a mental health and well-being expert with over 20 years of experience. She has worked with people from all walks of life, helping them to overcome anxiety, depression, and stress. In *Breathe Slowly*, she draws on her professional expertise and personal experience to provide a comprehensive guide to surviving lockdown.

The book is divided into three parts. Part One, "The Basics," provides an overview of the mental health challenges that can arise during lockdown.

Lis discusses the symptoms of anxiety, depression, and stress, and she offers practical advice on how to manage these symptoms. She also provides information on the importance of self-care and social support.

Part Two, "The Tools," provides a range of exercises and techniques to help you cope with the challenges of lockdown. These exercises include relaxation techniques, mindfulness meditation, and cognitive behavioral therapy (CBT). Lis also provides guidance on how to create a supportive environment for yourself and how to stay connected with others.

Part Three, "The Future," provides hope and inspiration for the future. Lis discusses the importance of resilience and post-traumatic growth. She also shares her thoughts on how we can learn from the experience of lockdown and create a better future for ourselves and our communities.

*Breathe Slowly* is an essential resource for anyone who is struggling with the challenges of lockdown. Lis Porter's compassionate and practical advice will help you to cope with anxiety, depression, and stress, and to emerge from lockdown stronger and more resilient.

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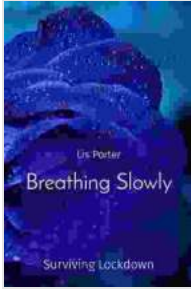
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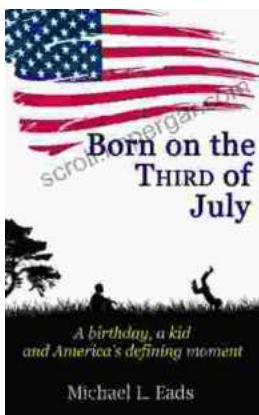


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