



5 HIGHLY EFFECTIVE DEEP BREATHING TECHNIQUES

**INHALE =
INFLATE YOUR
DIAPHRAGM**

**EXHALE =
DEFLATE YOUR
DIAPHRAGM**

**LONGER EXHALES =
DECREASED HEART RATE
TO HOMEOSTASIS**

**GOAL IS 5-6 BREATHES PER MINUTE
ONE BREATHE = ONE INHALE AND ONE EXHALE
EACH BREATH WOULD TOTAL 10-12 SECONDS**

**TAP INTO YOUR
OTHER SENSES
IN ORDER TO BE
MORE PRESENT**

**BREATHE IN AND
OUT OF YOUR NOSE
TO HAVE BETTER
BREATHING
CONTROL**

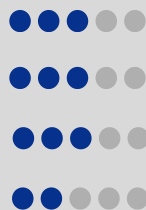
**DR. JAS
TILGHMAN, PHD**

5 TIPS TO OVERCOME REJECTION

REJECTION IS A PART OF
THE INDUSTRY, WHAT YOU
SIGNED UP FOR, AND
HAPPENS VERY OFTEN

PERSIST THROUGH THE
JOURNEY, HUMBLY,
REMEMBER WHY YOU ARE
DOING THIS

LAUGH AND HAVE FUN
ANYWAY



IT'S BUSINESS,
NOT PERSONAL

LEARN FROM
REJECTION BY
GROWING AND
APPLY
KNOWLEDGE TO
NEXT AUDITION

DR. JAS
TILGHMAN, PHD

5

CHARACTERISTICS
TO NAVIGATE THE
ENTERTAINMENT
INDUSTRY

ASSERTIVENESS

PERSISTANCE

HUMOR

VALUES

SELF-CARE

**DR. JAS
TILGHMAN, PHD**