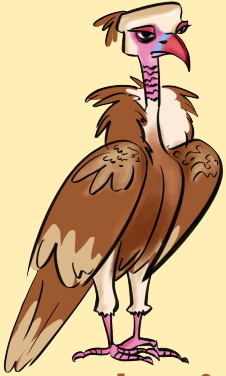


Mindful Breathing

Try out these four mindful breathing exercises then write down how you feel after you finish.

Eagle Breathing



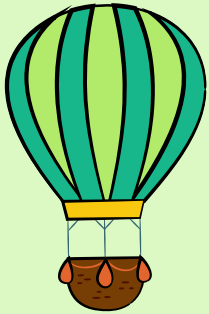
Stand with your legs comfortably apart and your hands by your side. Close your eyes. Take a gentle breath in through your nose, raising your arms out to the sides and up above like you're a strong, majestic eagle. Hold your breath for a moment, then breathe out as calmly as you can, lowering your arms slowly as you breathe.

Snake Breathing



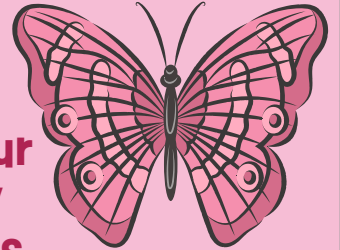
Stand with your legs comfortably apart and your hands by your sides. Close your eyes. Take a long, slow breath in through your nose for a count of four. Hold the breath for a moment, then make a smooth, even hissing sound as you breathe out through your mouth for a count of four.

Hot Air Balloon Breathing



Sit and close your eyes. Imagine standing on top of a grassy hill with a beautiful hot air balloon in front of you. Breathe in slowly, then imagine placing any worries or angry thoughts you are feeling into the basket beneath the balloon. Then imagine these thoughts floating away from you as the balloon floats far away.

Butterfly Breathing



Sit comfortably with your eyes closed. Place Your fingertips gently on your shoulders. Take a slow gentle breath in, raising your elbows as you breathe in. Hold your breath for a moment, and then breathe out as slowly and calmly as you can, while lowering your elbows as you breathe out.

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