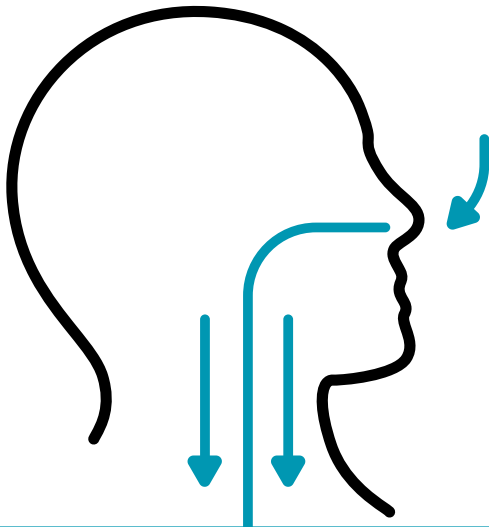


Mindful Breathing

This is a way to use your breath to help you feel better. When you breathe in, imagine taking in good things like calm, kindness, or courage. When you breathe out, imagine letting go of things you don't want, like stress, anger, or worries.

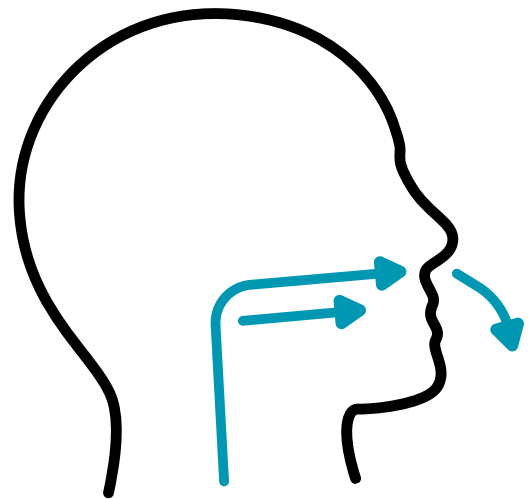
Created by: Lauren Pilman, LMSW

Breathe-In



Calm
Kindness
Happy memories
Confidence
Energy
Friendship
Laughter
Hope
Focus
Love
Stability

Breathe-Out



Worries
Anger
Stress
Sadness
Fear
Doubt
Loneliness
Tiredness
Frustration
Negative thoughts
Insecurity