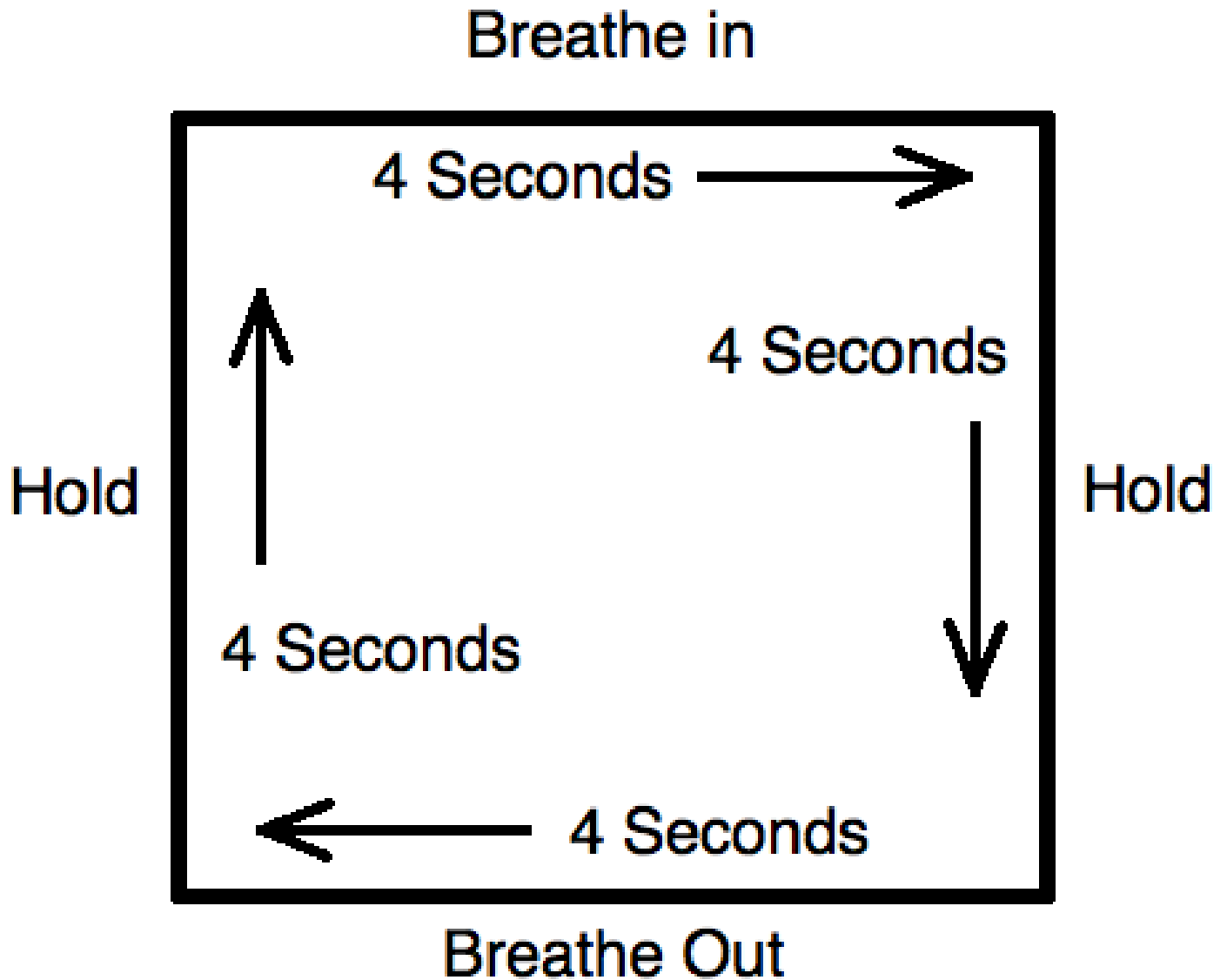


Square Breathing

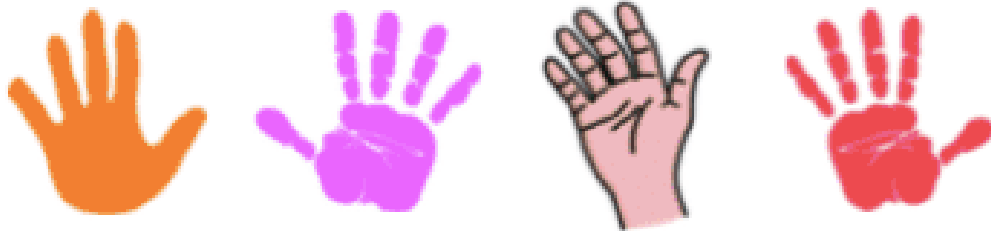


Get Grounded!

Five Things You See!



Four Things You Can Touch!



Three Things You Can Hear!



Two Things You Can Smell!



One Thing You Can Taste!



Push, Pull, Dangle

PUSH - PULL - DANGLE

PUSH down hard on the seat of your chair while you count to 10

PULL up hard on the seat of your chair while you count to 10

And then **DANGLE** your arms.

Feel the all the stress leave your body 😊

