CALM BREATHING EXERCISES

BOX BREATHING

- Breath in for 4 seconds
- Hold for 4 seconds
- Breath out for 4 seconds
- Hold for 4 seconds
- REPEAT

4-7-8 TECHNIQUE

- Breath in for 4 seconds
- Hold for 7 seconds
- Breath out for 8 seconds
- REPEAT

FIVE FINGER BREATHING

Use your thumb to slowly trace the outside of your other thumb. Breath in as you trace up and breath out as you trace down. REPEAT with each finger.

TRY AN AFFIRMATION

- Everything I have is a gift from creator.
- I give myself permission to do what is right for me.
- I feel proud of myself when I _____. (fill in the blank)