

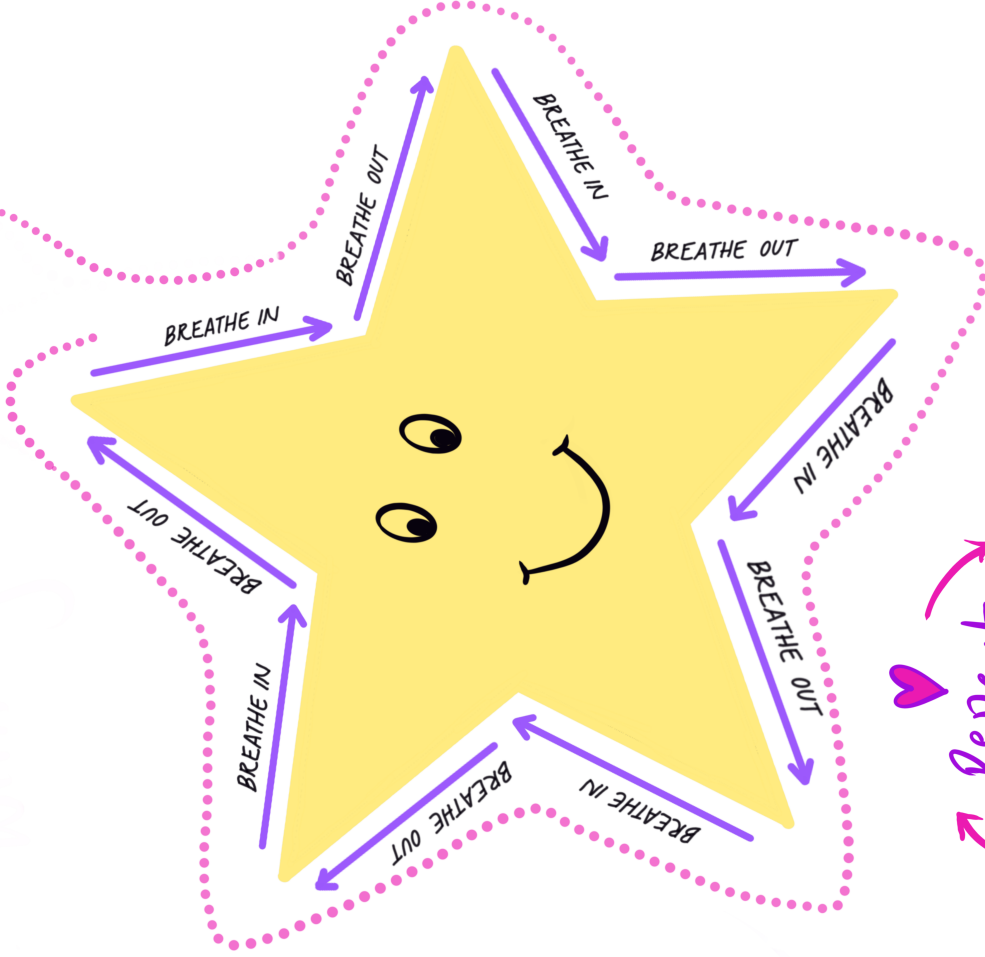
BREATHING Exercises

These exercises can help you feel calmer & more able to cope when you feel anxious or sad.

Count 1,2,3 as you breathe in through your nose and 1,2,3 as you breathe out through your mouth...

Trace the outline of your own hand as you breathe in & out

Trace the sides of the star with your finger as you breathe in and out



Repeat the exercise until you start to feel better

