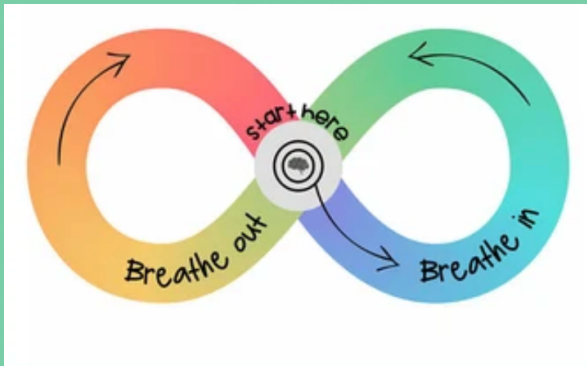


Calming BREATHING TECHNIQUES

Breathing is good for me to help me focus on my breath coming in and out. This can help me to calm down or focus when I need to. If I practice this every day it will be a great tool that will help me.

Infinity Breathing



Rainbow Breathing



Triangle Breathing



5 Finger Breathing

