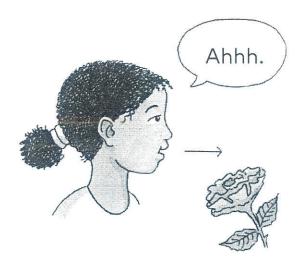
Calm Breathing

Flower Technique



Breathe in.

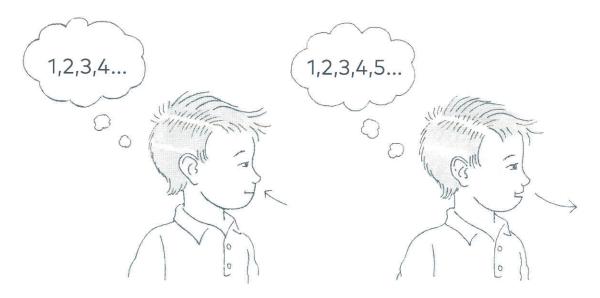


Breathe out.



Calm Breathing

Counting Technique



Breathe in.

Breathe out.



Calm Breathing

Balloon Technique



Breathe in.



Breathe out.



Positive Self-Talk

Saying encouraging things to yourself



