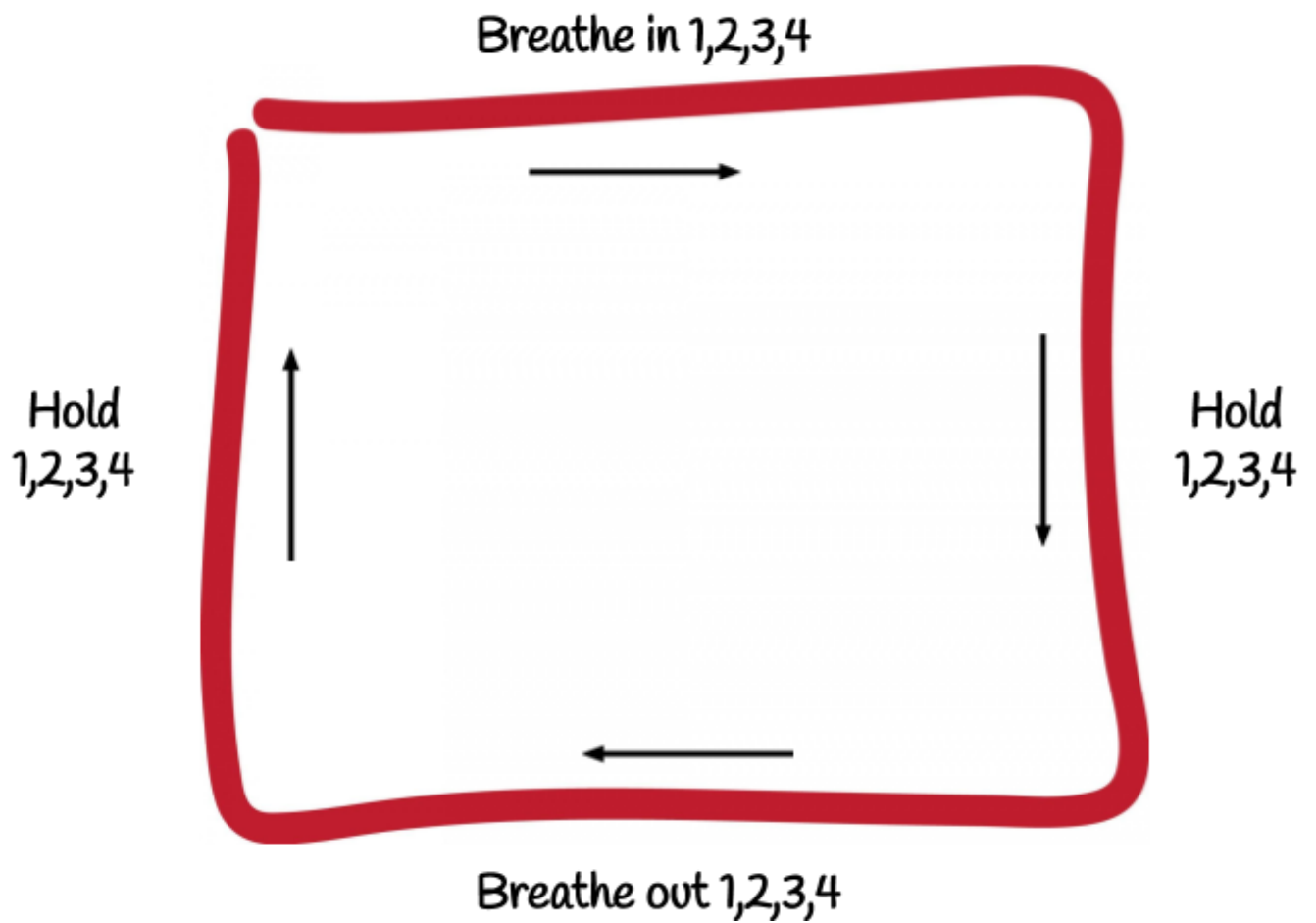
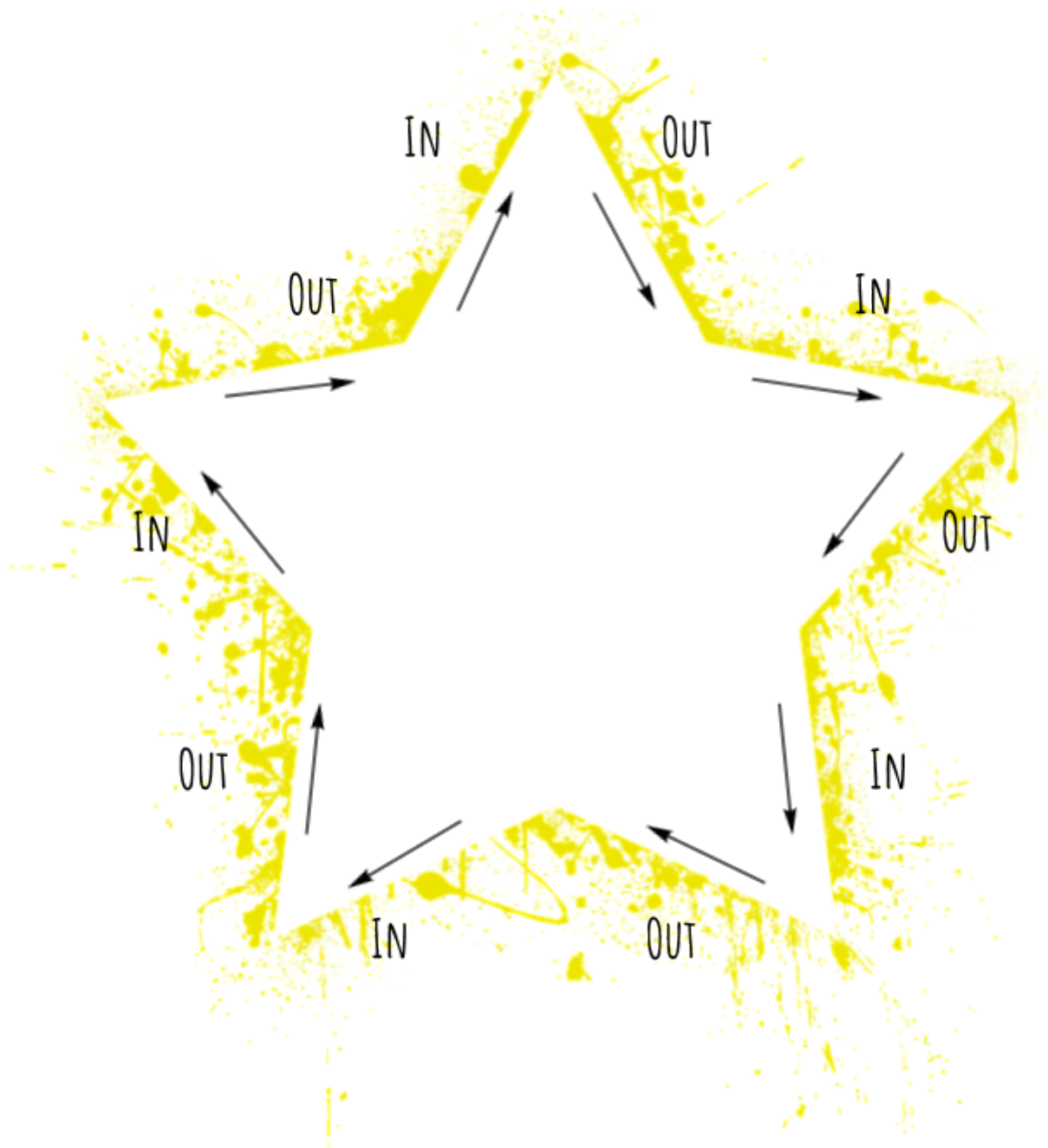


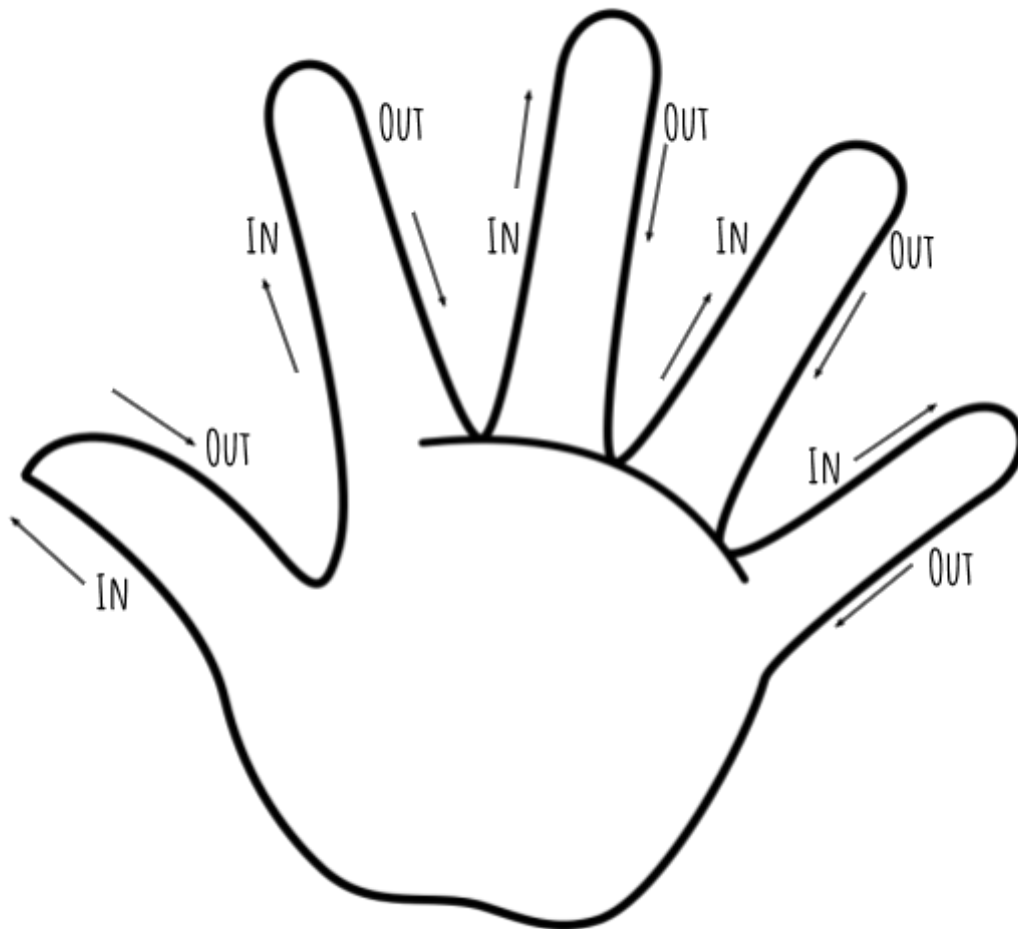
SQUARE BREATHING



STAR BREATHING



HIGH FIVE BREATHING





BALLOON BREATHING



Imagine there is a balloon in your stomach.

Take a deep breath in through your nose and imagine the balloon in your belly getting bigger and your stomach puffs up.

Breathe out through your mouth like you are blowing out a candle, letting out all the air in your balloon.

Breathe in for a count of four.
Breathe out for a count of four.

CANDLE BREATHING

Close your eyes and imagine a candle in front of you.

Breathe in through your nose for a slow count of 4.

Hold your breath for 4 counts.

Breathe out through your mouth for a count of 4. Imagine your breath is so gentle, it makes the candle flicker gently but doesn't go out.



COLOUR BREATHING

Sit or lie down in a comfortable position and close your eyes.
Focus on how your body is feeling. Identify where you are feeling tense.

Think of a calming colour. This could be a cool blue like the sky or yellow for warmth.

Breathe in and imagine your body filling with this colour.
How does this make you feel?

As you breathe out, think of the colour your anxiety or anger is,
and imagine your breath turning this colour.

Relax as you breathe your worry / anger away.



