

## **Rainbow Breathing**

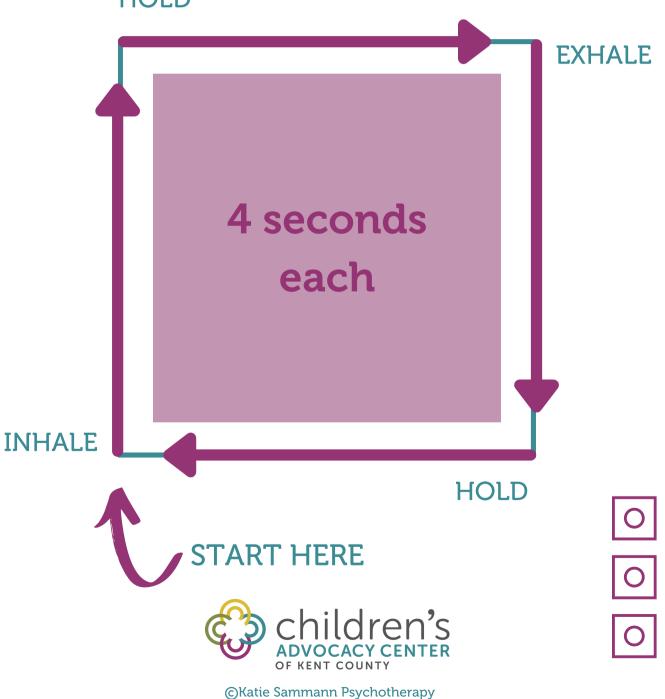
Place your finger on an arrow below. Trace the corresponding color and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the rainbow until you're feeling calm and relaxed.





## **Box Breathing**

Start on the inhale and follow the arrows around the box. Each breath box should last roughly 4 seconds. Continue until you're feeling relaxed and calm.



HOLD