



Box Breathing: Get comfortable. Close your eyes if you wish. Inhale through your nose for a count of four, hold your breath for a count of four, exhale out your mouth for a count of four, hold your breath for a count of four. You can try to imagine a box while completing this exercise. Repeat until you feel relaxed.

Color Breathing: Close your eyes. Visualize a calming color of your choice that represents how you feel. Begin breathing comfortably and deeply. Imagine breathing in your color with every inhale as it spreads throughout your whole body. Exhale the color and visualize stress and tension leaving your body. Notice any sensations or feelings. If your mind wanders, come back to the color. Repeat as needed.

Cleansing Breaths: Plant your feet on the ground. Take a powerful and quick breath in through your nose. Release a powerful and quick breath out your mouth and focus on emptying your lungs. Feel, notice, and welcome that calming feeling. What does that feel like for you? Repeat at least three times.

Progressive Muscle Relaxation: Get comfortable. Take a few deep breaths. Breathe in. Tense the muscles in your feet. Breath out. Release the tension in your feet. Work your way up your body. Tense each muscle group. Calves, legs, belly, chest, fingers, arms, shoulders, neck, and face. Focus on your breath. Utilize youtube or apps for more guided instruction.

Free Meditation Apps:
Calm
Headspace
Insight Timer

