

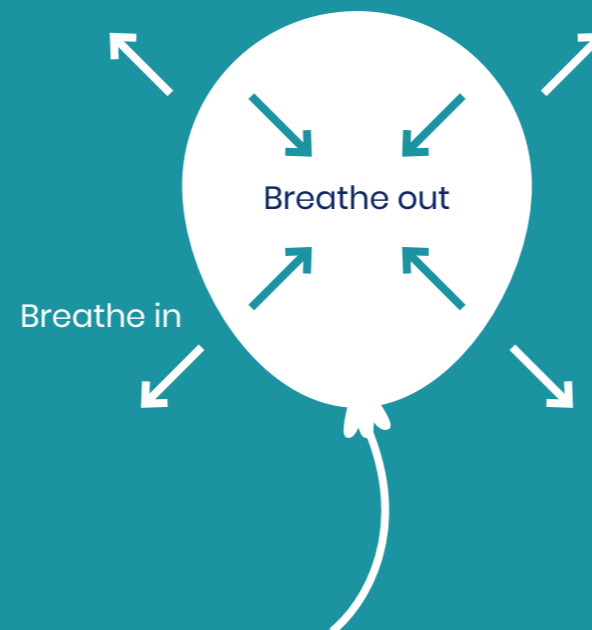
# 3 ways to help you feel calm

## Finger breathing



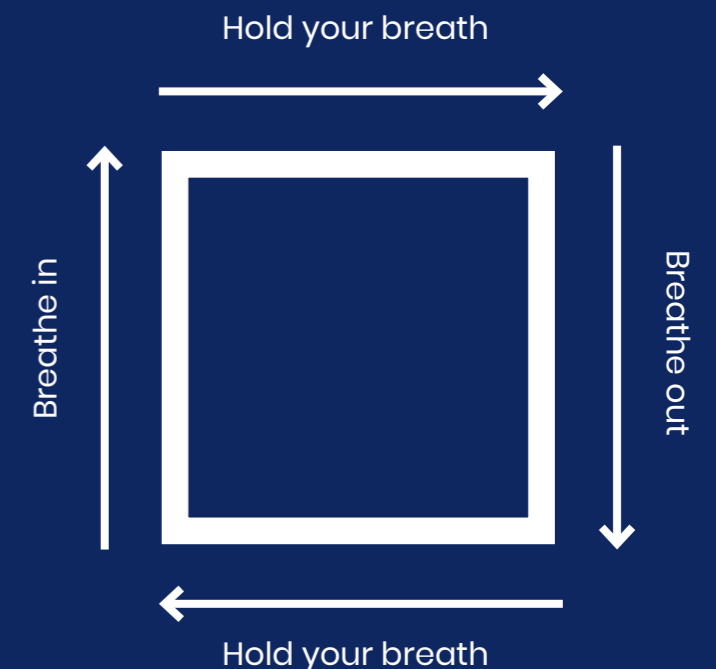
Trace around each of your fingers on one hand. Breathe in as you go up each finger and out as you go down them.

## Balloon breathing



Breathe in through your nose and imagine filling up a balloon in your stomach. Breathe out through your mouth and imagine the balloon deflating.

## Box breathing



Breathe in for 4 seconds. Hold your breath for 4 seconds. Breathe out for 4 seconds. Hold your breath for another 4 seconds.