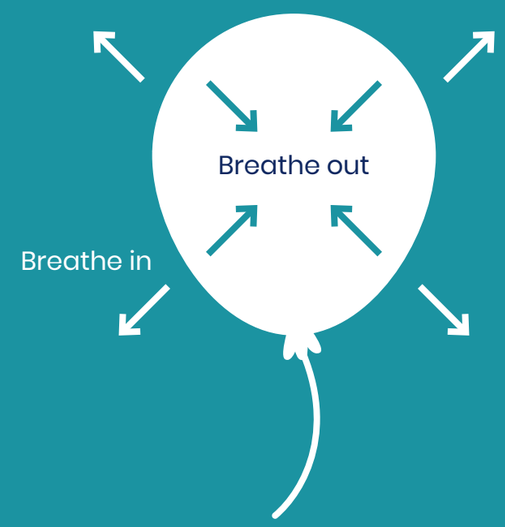
3 ways to help you feel calm

Finger breathing



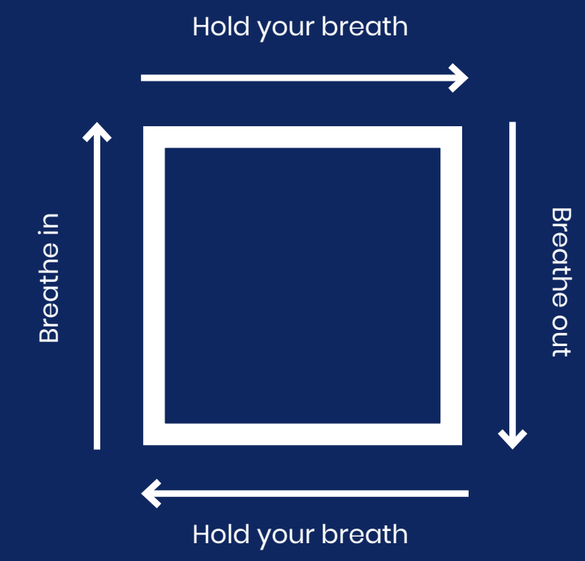
Trace around each of your fingers on one hand. Breathe in as you go up each finger and out as you go down them.

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.