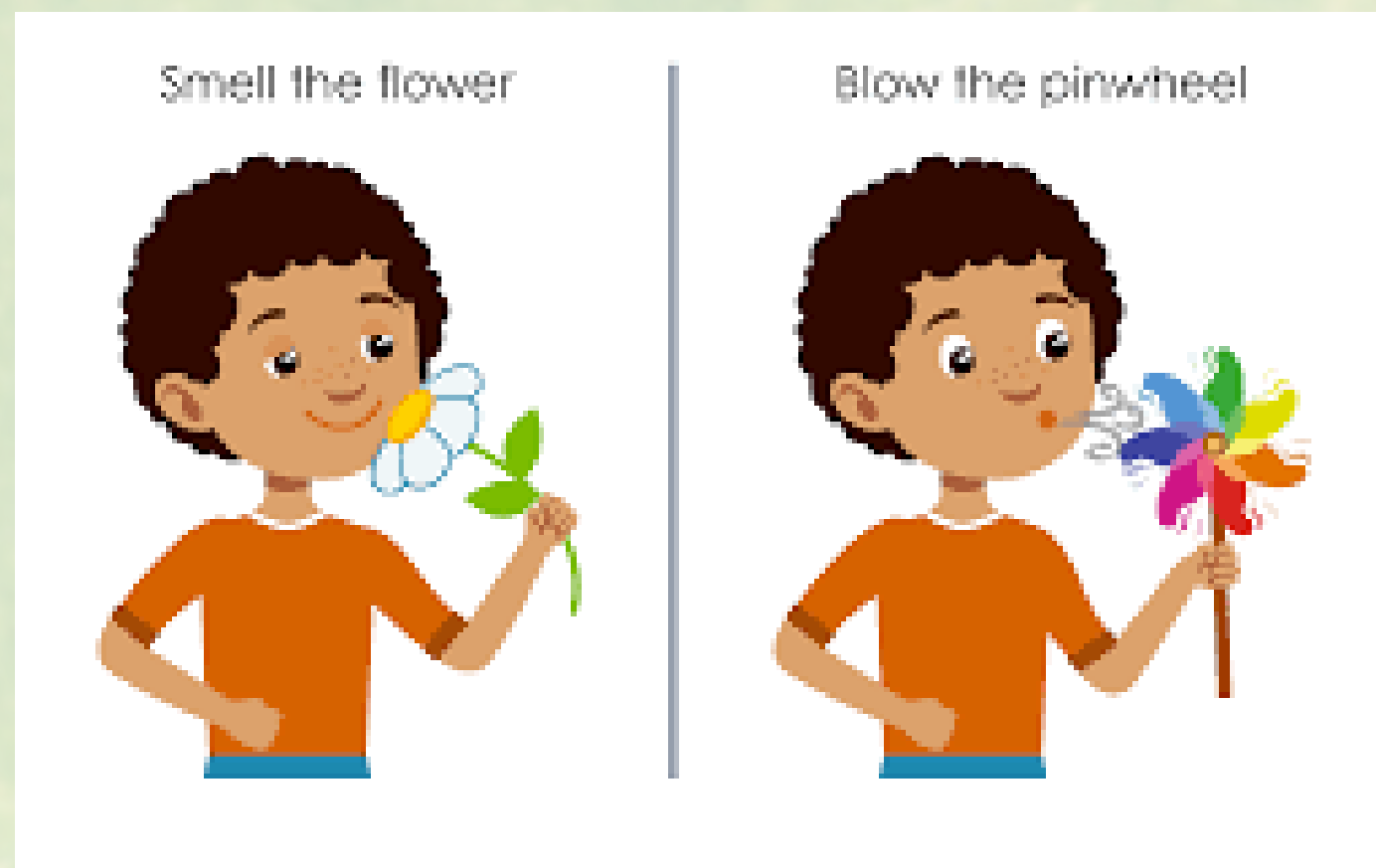


Mindful Mat

Take some time to calm your body and mind.



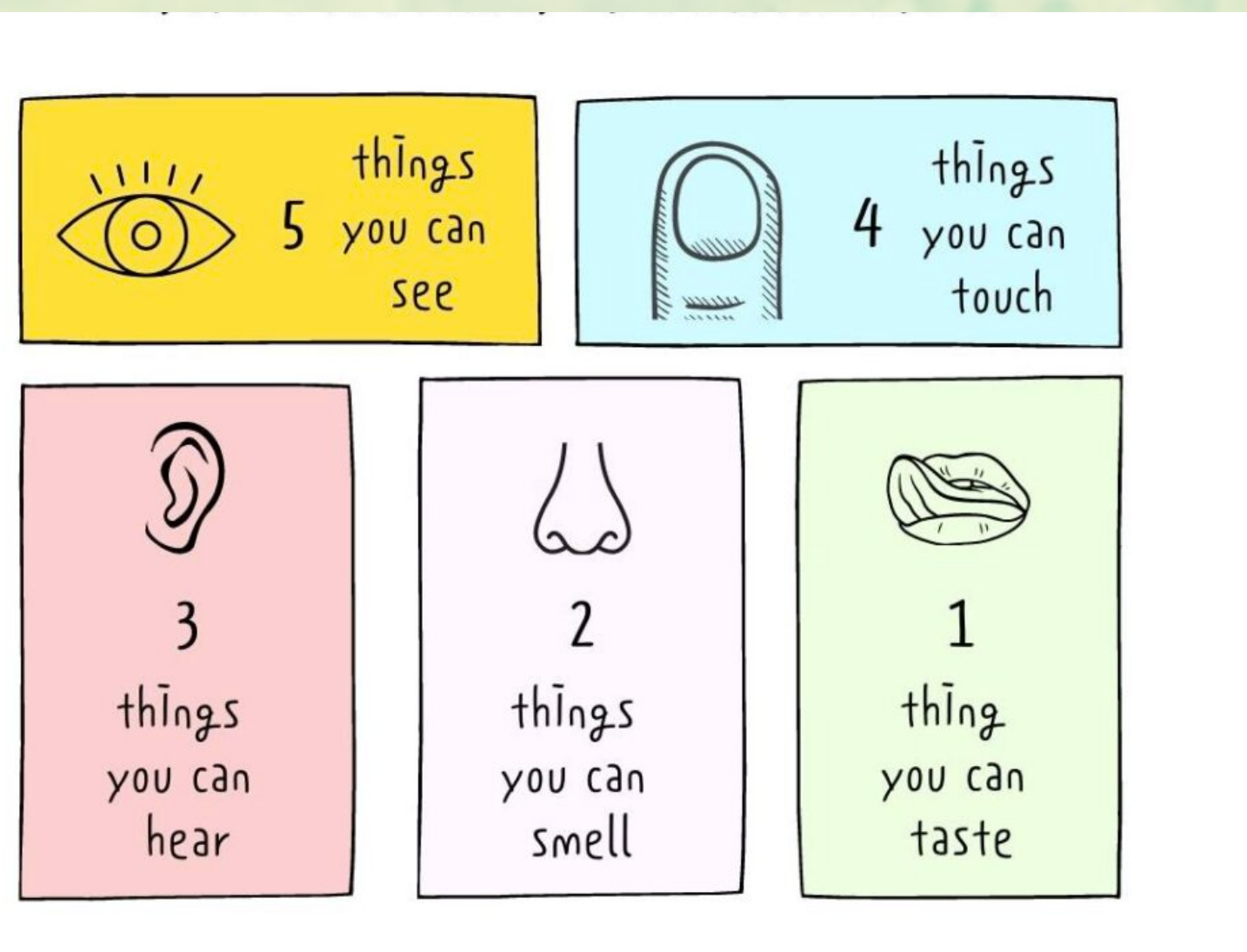
Belly Breathing



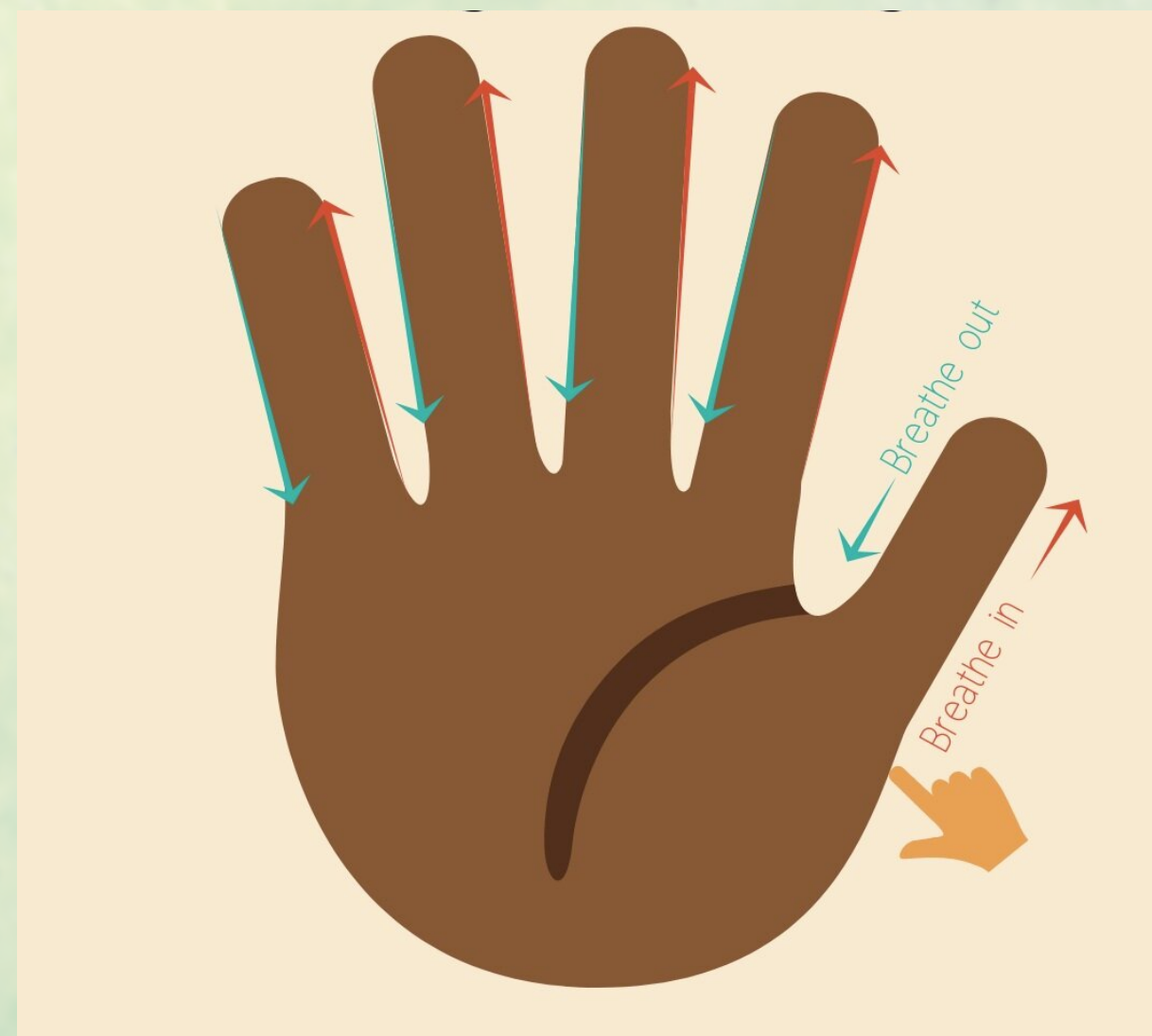
Progressive Muscle Relaxation



5-4-3-2-1 Grounding



Finger Breathing



Square Breathing

