

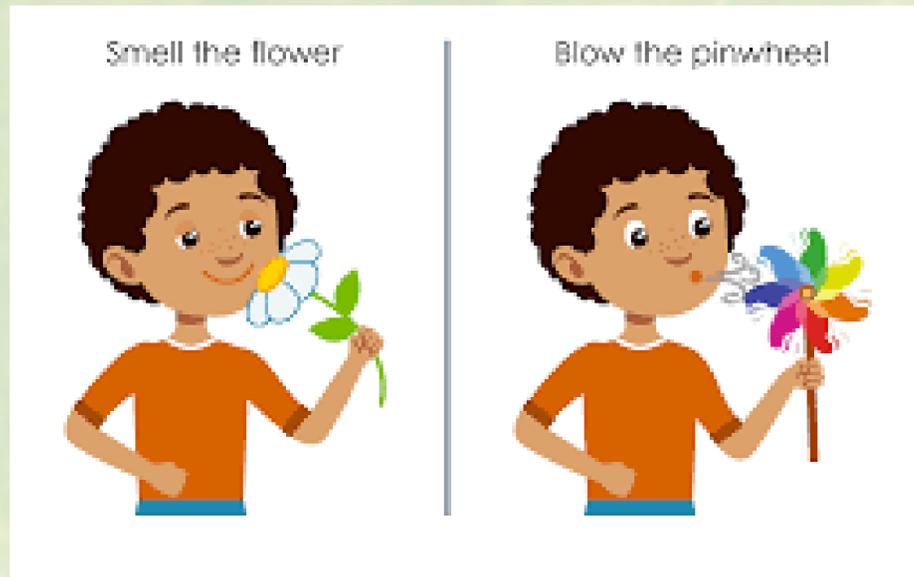
Mindful Mat

Take some time to calm your body and mind.



Belly Breathing

Progressive Muscle Relaxation



5-4-3-2-1 Grounding

Finger Breathing

Square Breathing

