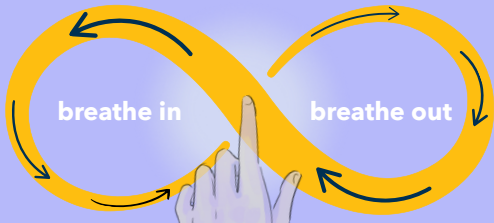


INFINITY BREATHING EXERCISE

Starting in the middle, go to the left and trace your finger on the circle while you breathe in... When you get to the middle, breathe out while tracing the right circle with your finger.



In a moment of pain or overwhelm...



Say to yourself
"I am here. I am
safe. This moment
will pass."

Feel your
feet on the
ground



Notice 3 things
around you

Relax your
shoulders
and jaw



Take one
slow breath

You are not alone. This is your moment to soften.