

The background of the entire page is a light pink color, decorated with various green and teal tropical leaves and palm fronds scattered around the edges. A white rectangular border frames the central text area.

Relaxation Exercise

A simple exercise that encourages deep breathing – a way to relax.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

Breathe in slowly through your nose as you smell the flower.

Breathe out slowly through your mouth as you blow out the candle.

Repeat a few times

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