

Inhale, Exhale, Repeat".



MINDFUL BREATHING

Embrace Gratitude: Reflect, Appreciate, Repeat



GRATITUDE PRACTICE



"Empower Yourself: Affirm, Believe, Succeed"



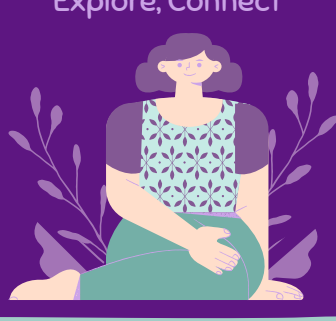
POSITIVE AFFIRMATIONS

"Embrace Stillness: Breathe, Center, Renew"



MEDITATION

"Body Awareness: Feel, Explore, Connect"



BODY SCAN