

WE ALL HAVE MENTAL HEALTH



Shoulder Roll Breathing

Find a comfortable seated or standing position.
Take a deep breath in and release.

On your next inhale, gently raise your shoulders towards your ears. As you exhale, slowly roll your shoulders back and down to a relaxed position.

Repeat slowly rolling your shoulders up and down in time with your breath.

Self-Care Tip: MINDFUL BREATHING can be used to maintain a sense of camp and develop the practice of staying present and in the moment.