

WE ALL HAVE MENTAL HEALTH



Let Go Breath

Find a comfortable seated or standing position.

Bring your attention to your breath, counting to 4 with each inhale and exhale.

As you breathe in, think “let”. As you exhale, think “go”. Continue breathing in and out the the mantra “let go”.

As you exhale, envision any stress or anxiety you are experiencing leaving your body 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.