

# CALMING CARDS

A serene ocean scene with waves breaking on a sandy beach under a blue sky with light clouds. The text "CALMING CARDS" is overlaid in large, white, outlined letters.

# Relaxing breath

Begin in a comfortable position. Your eyes can be open or closed. Empty the air from your lungs. Close your mouth and quietly inhale through your nose slowly. Then hold your breath for as long as your able. Finally, exhale to return to the bottom of your breath.