

The background of the image is a repeating pattern of thin, dark grey, curving lines representing stems. Interspersed along these stems are small, light purple flowers and buds. The overall color palette is soft and pastel, with a light mint green background.

# Calming Cards



## 3 Minute Mindful Breathing:

Watch this guided breathing  
video and learn how to  
overcome stress with mindful  
breathing.

