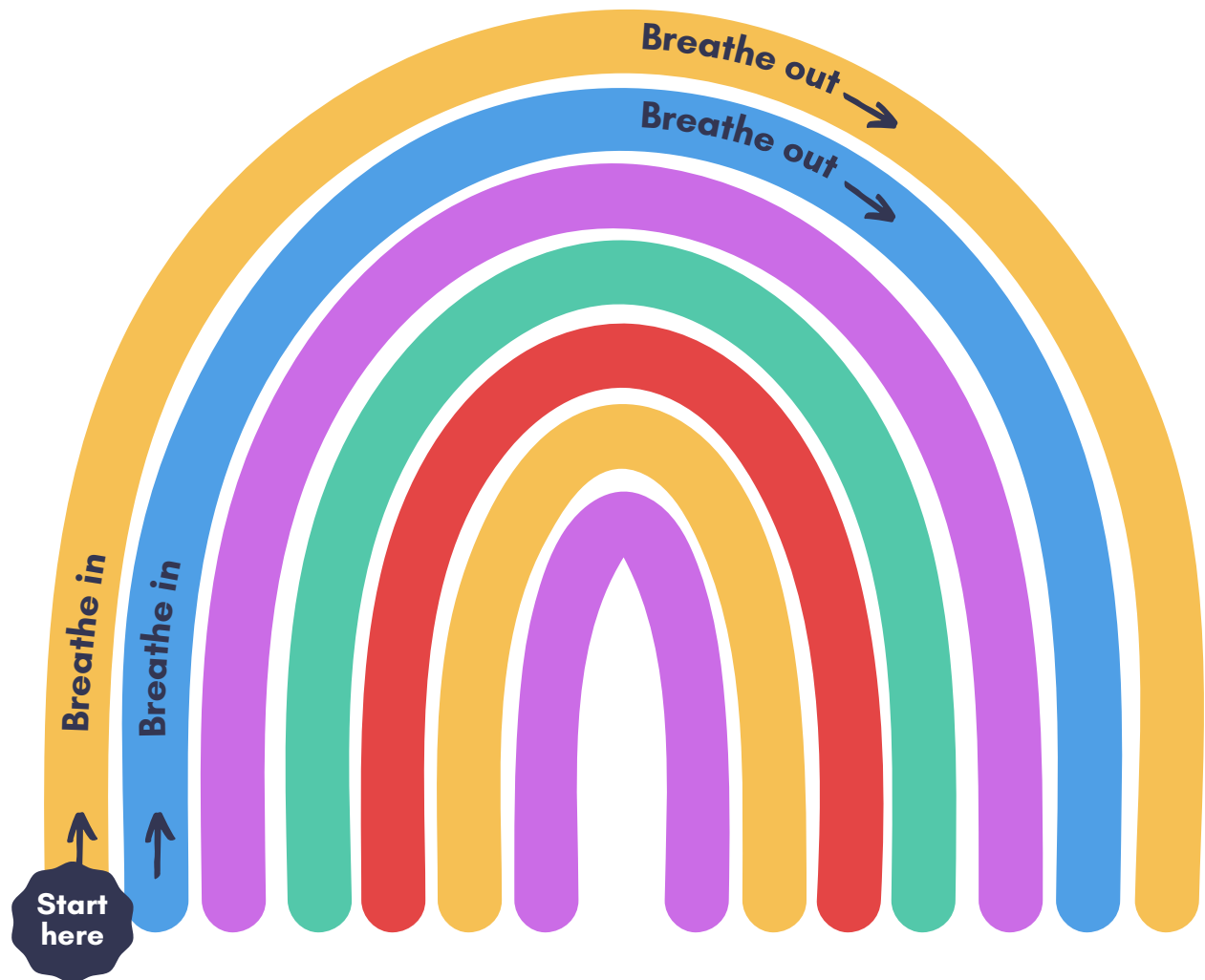


# CALM YOURSELF WITH A RAINBOW BREATHING NERVOUS SYSTEM BREAK



Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.

Repeat with every color until you feel calm and grounded.