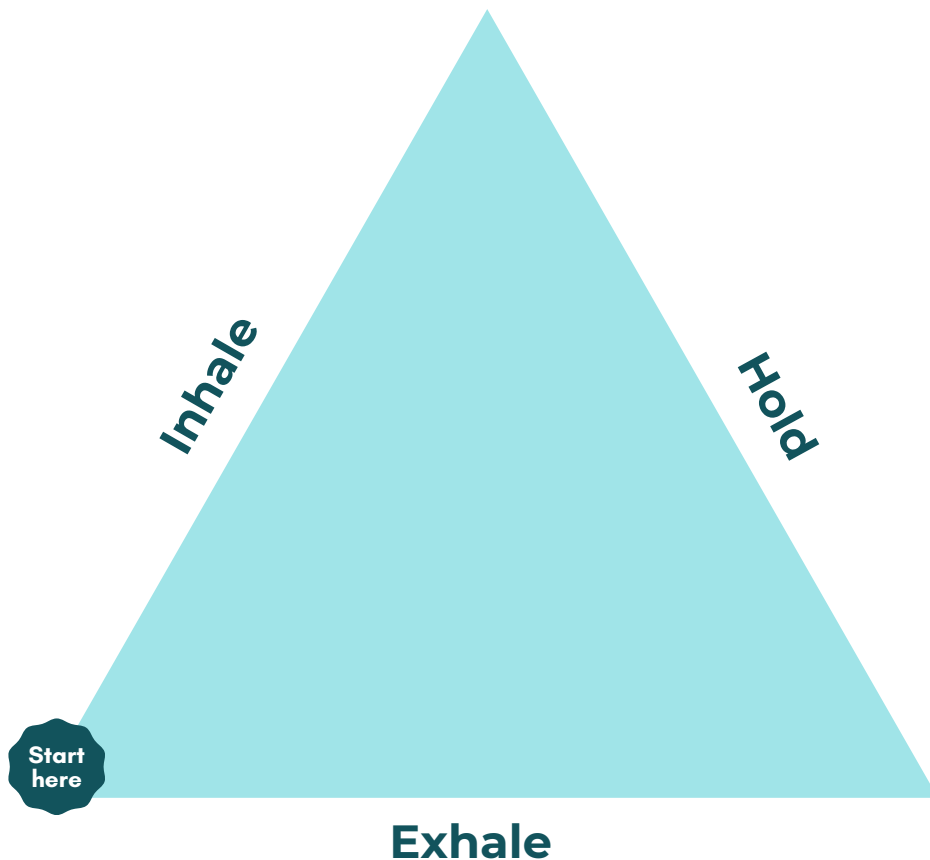


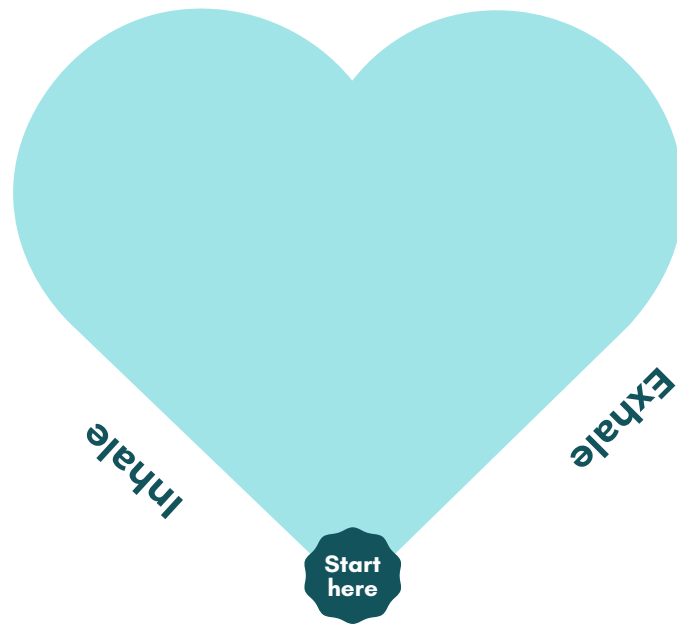
BREATHING THROUGH SHAPES

To ground yourself in the present moment and breathe easily, trace the shapes drawn below while following the cues.

1. Triangle Breathing



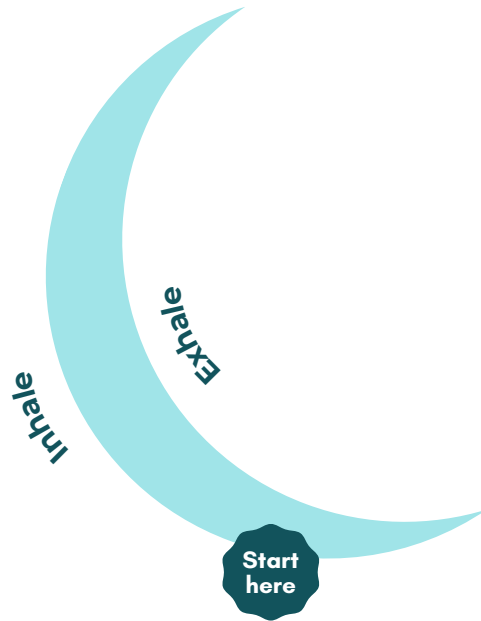
2. Heart Breathing



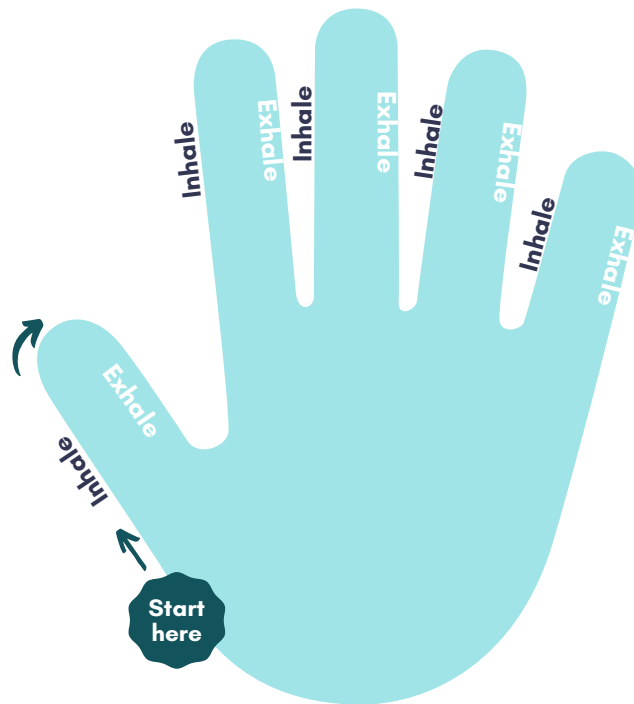
3. Star Breathing



4. Moon Breathing



5. Hand Breathing



5. **Rainbow Breathing:** Trace each colour with your finger as you breathe in and breathe out.



If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

