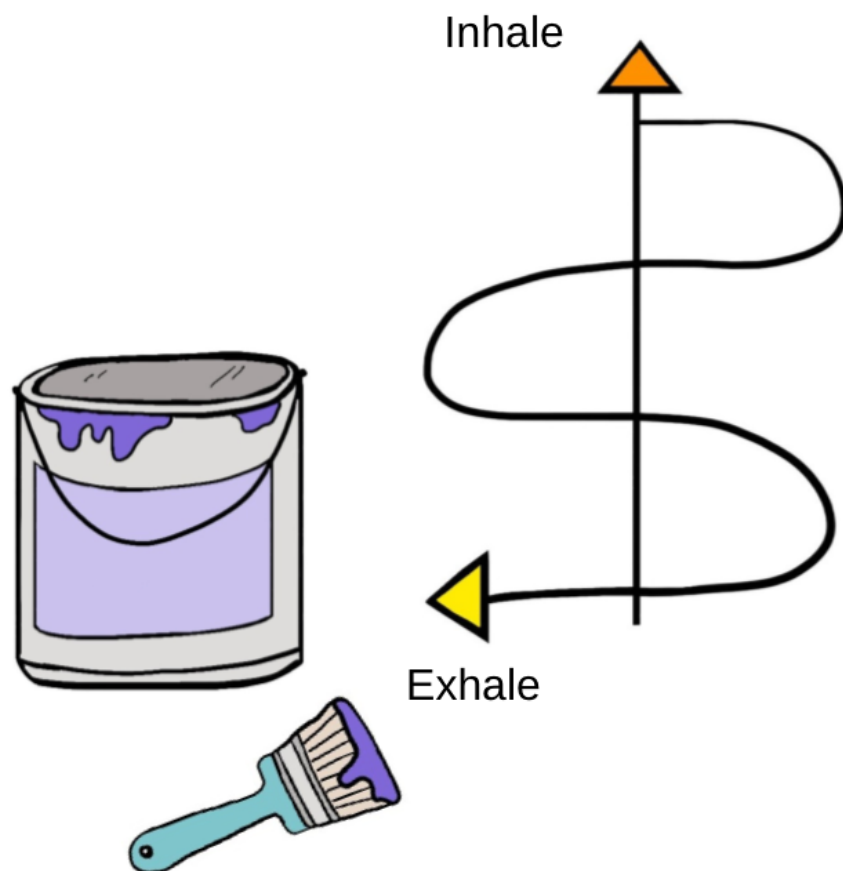


@GroundedInTherapy



PAINT BRUSH BREATHING

Focus on your breath. Breathe slowly and deeply.

Sit or stand, whichever you prefer.

Inhale slowly as you move your imaginary or real pen/paint brush in a straight upward stroke.

Exhale as you slowly move your imaginary or real pen/paint brush side to side in downward strokes. Repeat until you feel calm and relaxed.