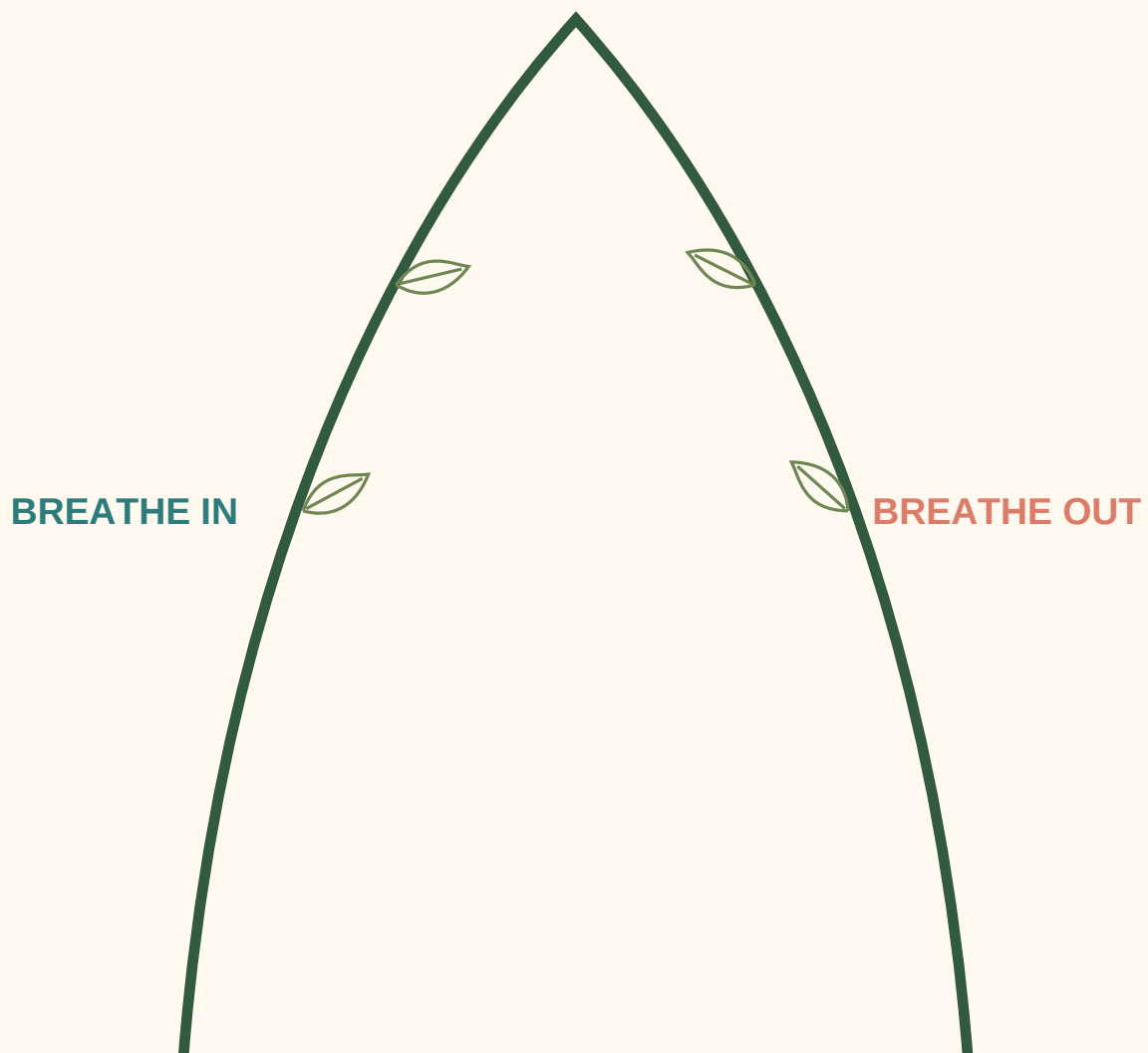


One Slow Breath

Try this only if breathing exercises feel comfortable. One breath does not have to remove the feeling.



Notice: did anything shift?

Yes, no and "I do not know" are all useful answers.

Other choices count

Movement, humming, a drink, a sensory object, quiet or a trusted grown-up nearby may fit better today.