

WELLBEING

SCAN THE QR CODE WITH YOUR PHONE CAMERA & ACCESS
VIDEOS TO HELP YOU WITH YOUR WELLBEING.

Donut breathing



Breathe in as it grows, &
out as it shrinks.

Do nothing



Relax & do nothing for 10
minutes

2 minute bubble



Breathe in & breathe out.

Triangle breathing



Watch the triangle
expand & compress

Coping technique:
Grounding



1 minute video teaching
you grounding skills

5 finger breathing
technique



Learn this breathing
technique in 2 minutes.

2 minute meditation



Guided mindfulness
meditation

Mindful jar



Watch the mindful jar &
help calm yourself

Anxiety meditation



Listen to this 5 minute
guided meditation to help
with anxiety

2.1 breathing



Learn how to reduce
stress by learning, "2.1
breathing"