Stress Reduction

1. While you imagine the source of your stress trapped inside of a bubble, you can also take a nice deep breath. Now imagine the bubble floating away with all your problems trapped inside.

2. Close your eyes and take a deep breath. Exhale. Take another deep breath and feel your chest expand as the air fills your lungs.

3. Empty your mind and imagine being surrounded with warm, vibrant light. As you breathe in, let this warm light fill your lungs.

- Breath IN
- Breath OUT
- Breath IN
- Breath OUT
- Breath IN
- Breath OUT