

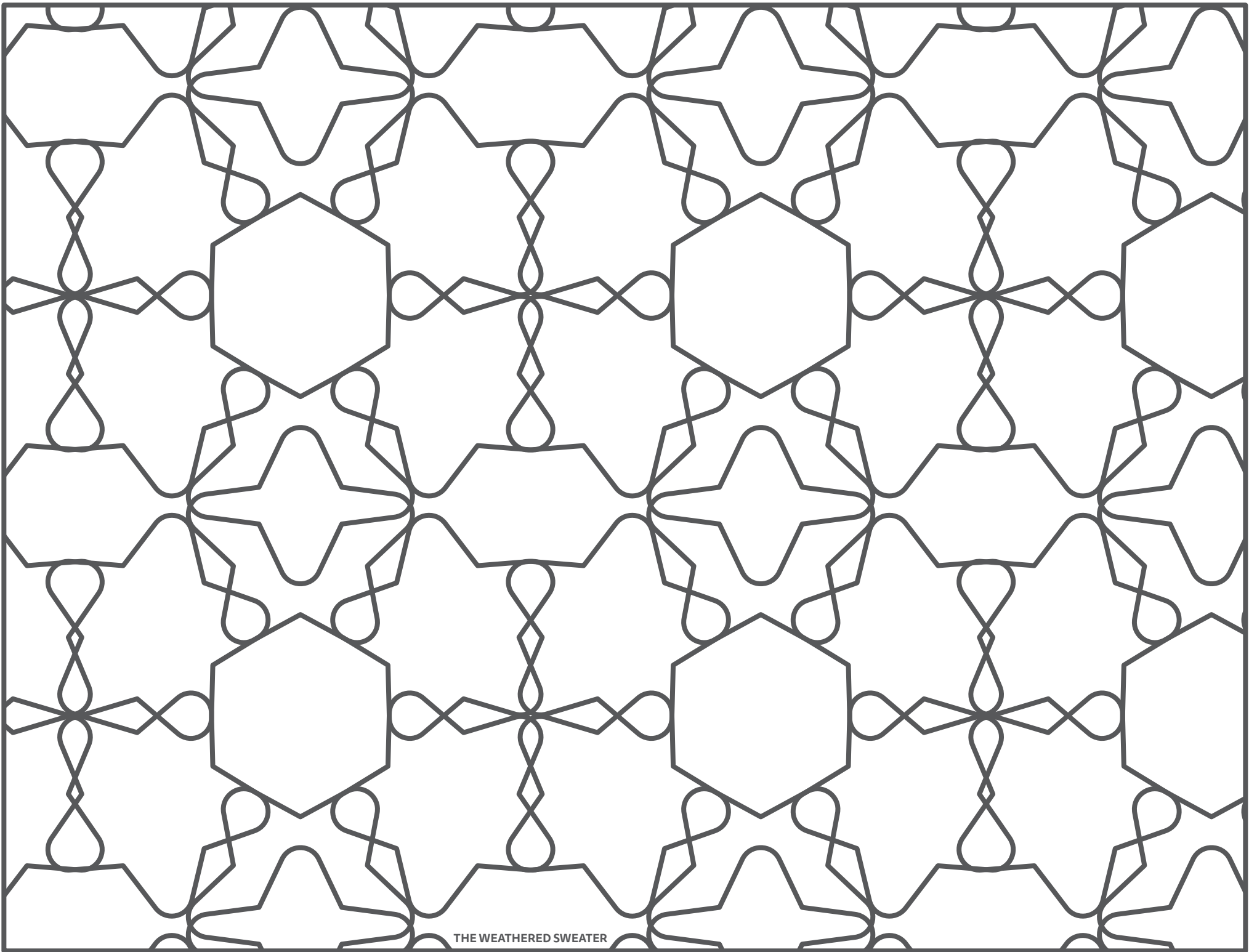


my needs are
IMPORTANT

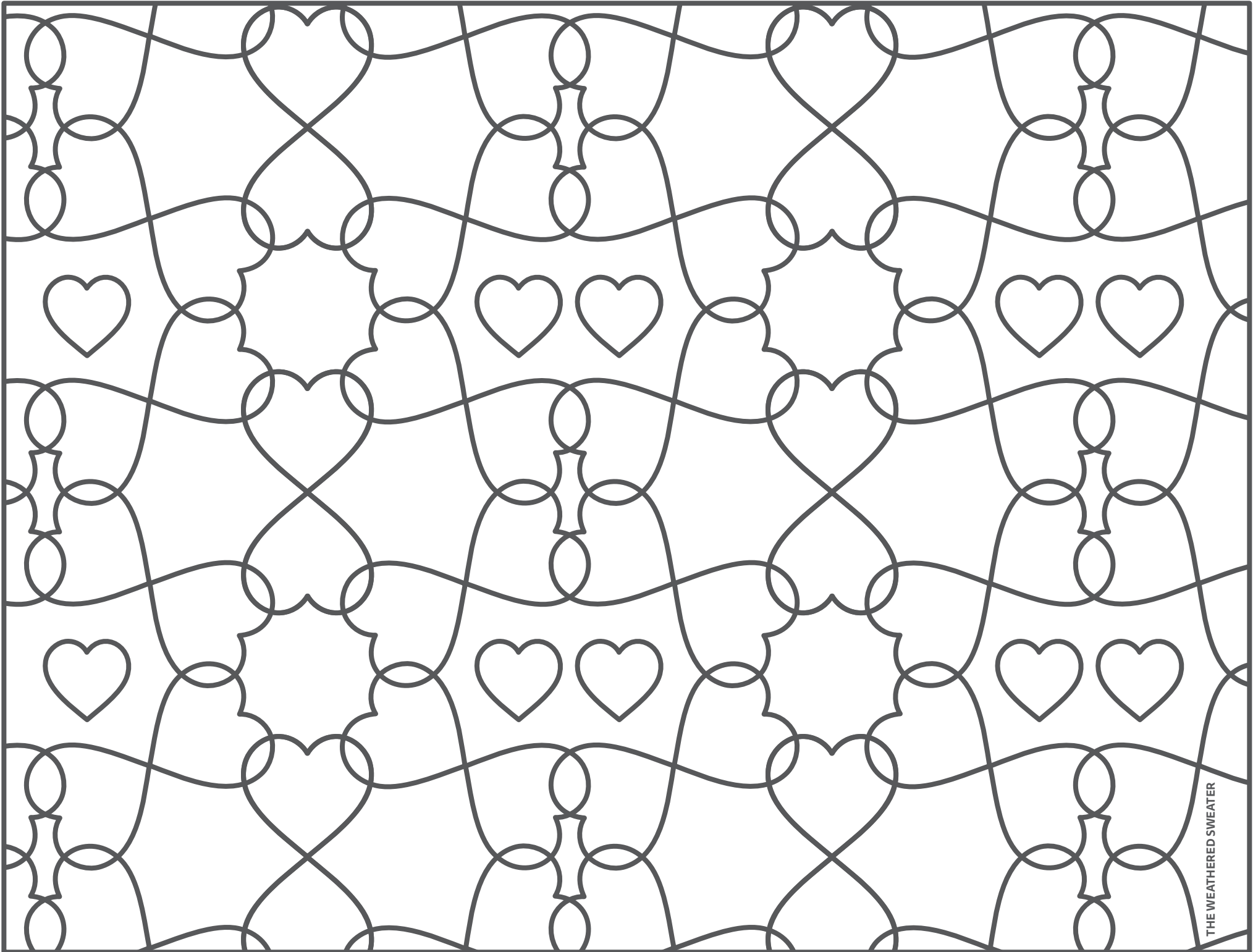
THE WEATHERED SWEATER



my every
FEELING
EFFORT +
THOUGHT
matters



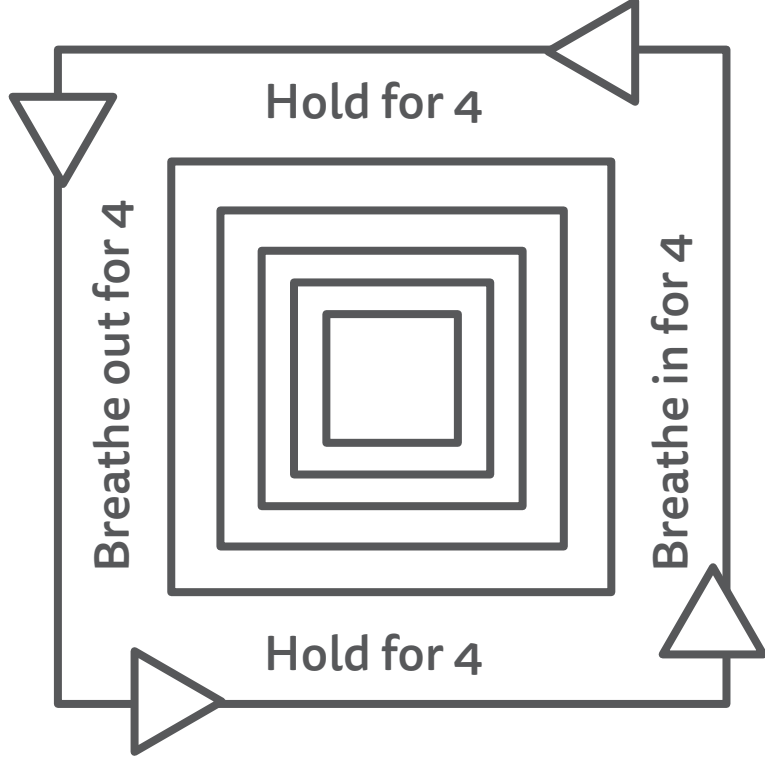
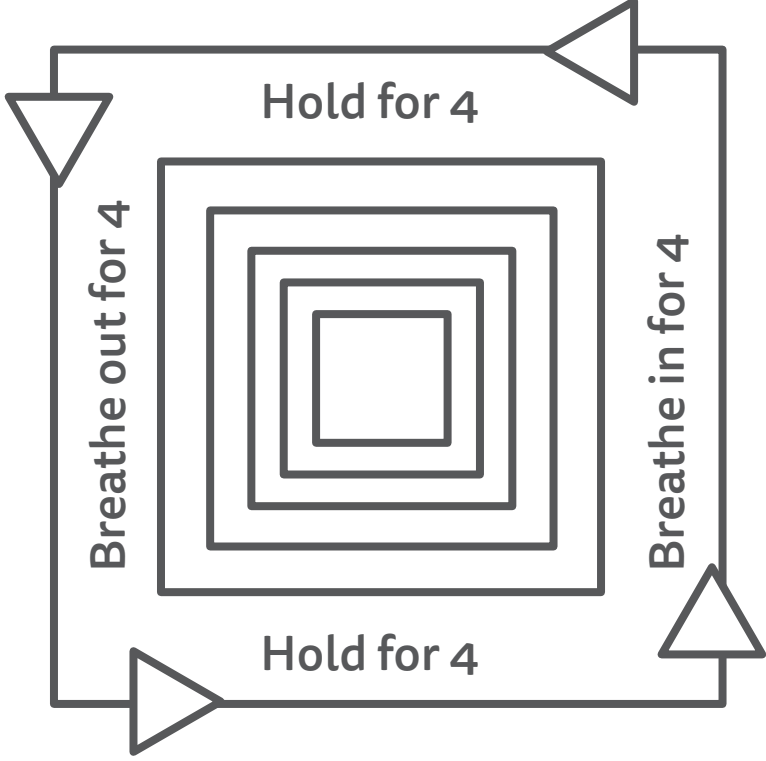
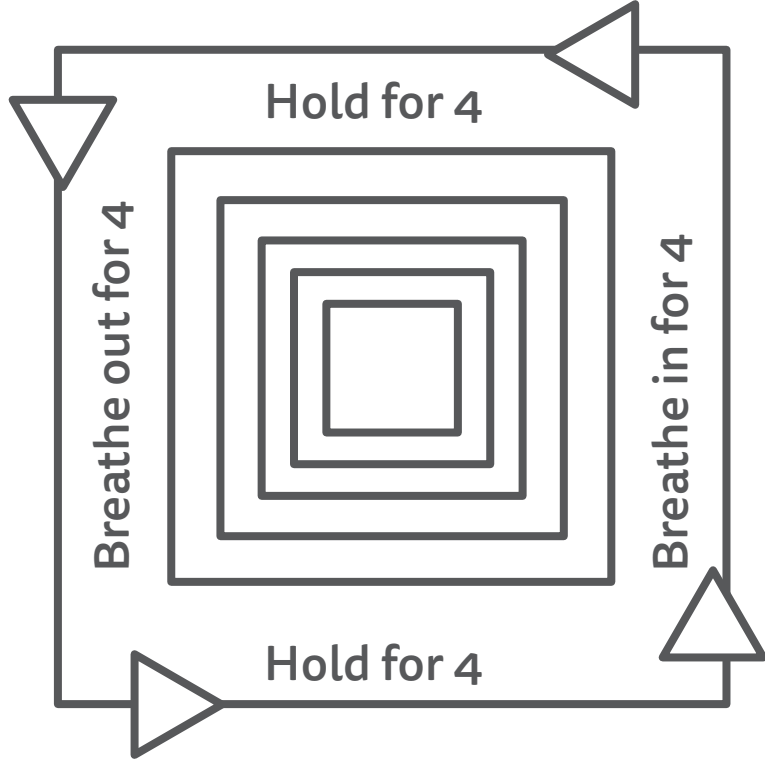
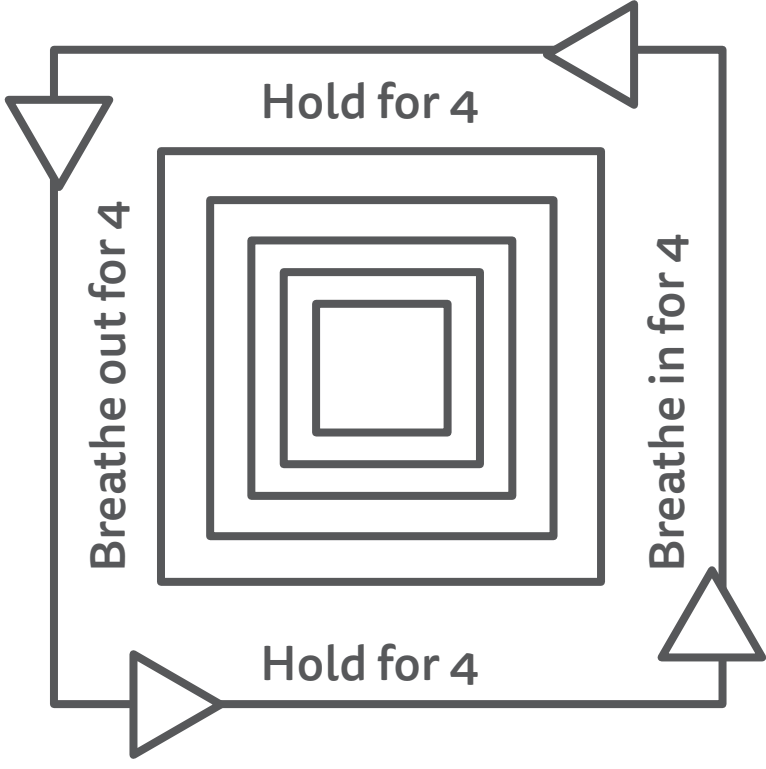
THE WEATHERED SWEATER



self

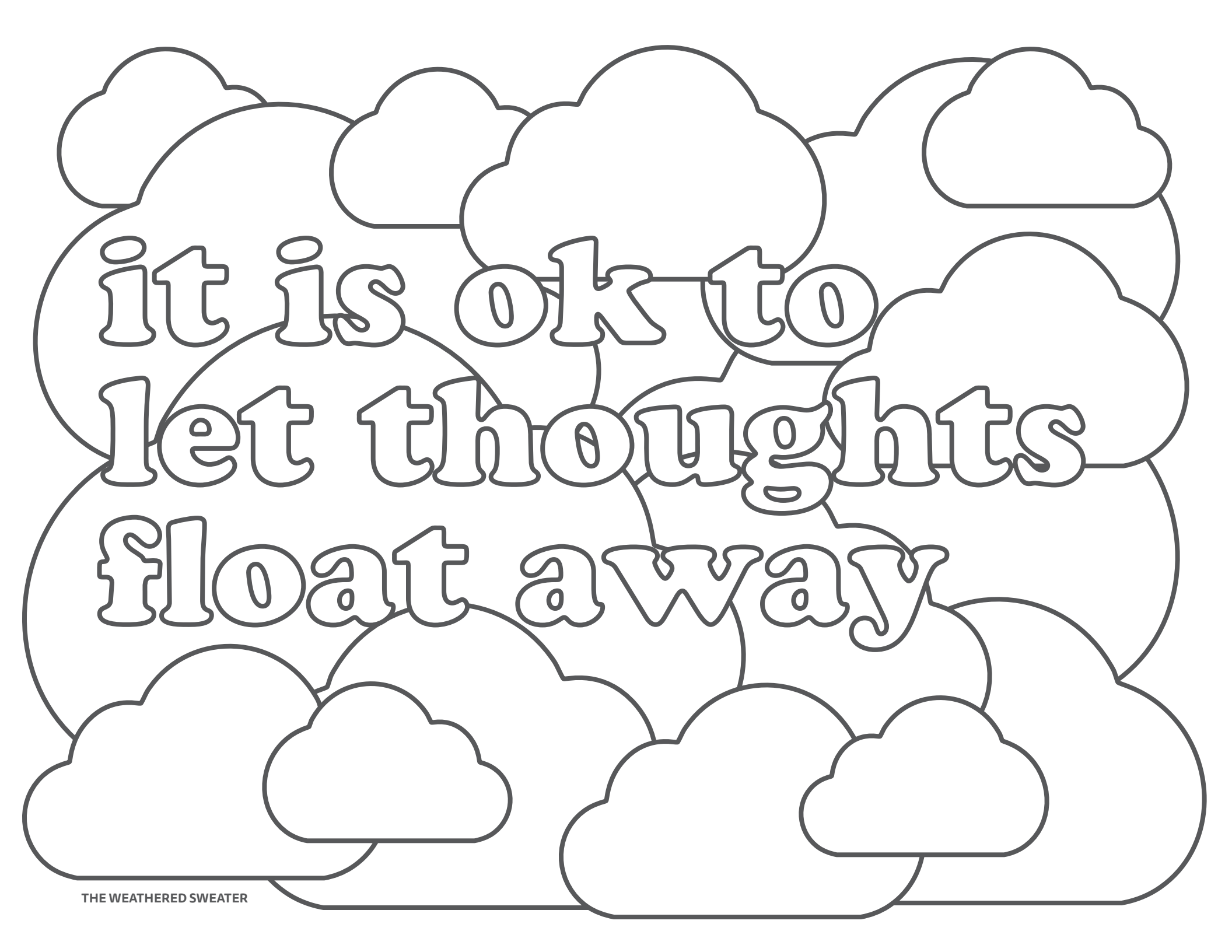
care

win

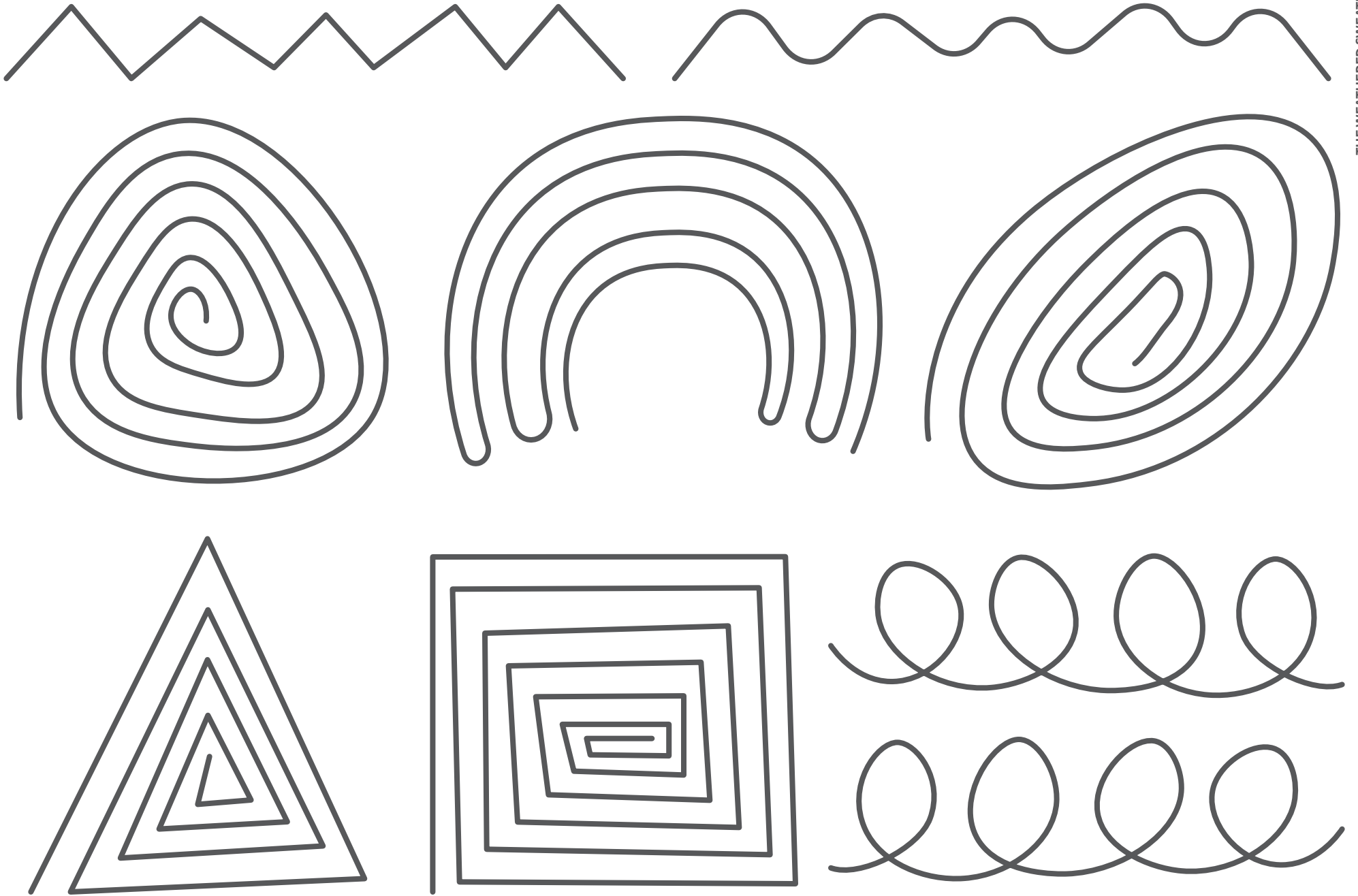


box breathing

Slowly trace the squares as you follow the breathing arrows on each side.



it is ok to
let thoughts
float away



Slowly trace the patterns above as you release what you are holding on to but no longer need.