**Relaxation Exercises**

Calm Mind Strategy

Mountain Breathing

1. As you inhale through your nose, raise your arms up and place your hands together over the top of your head.  ​
2. Imagine that you are as tall as a mountain.  ​
3. As you exhale, bring your palms down in front of your chest.  ​
4. Repeat this process 5 times.



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