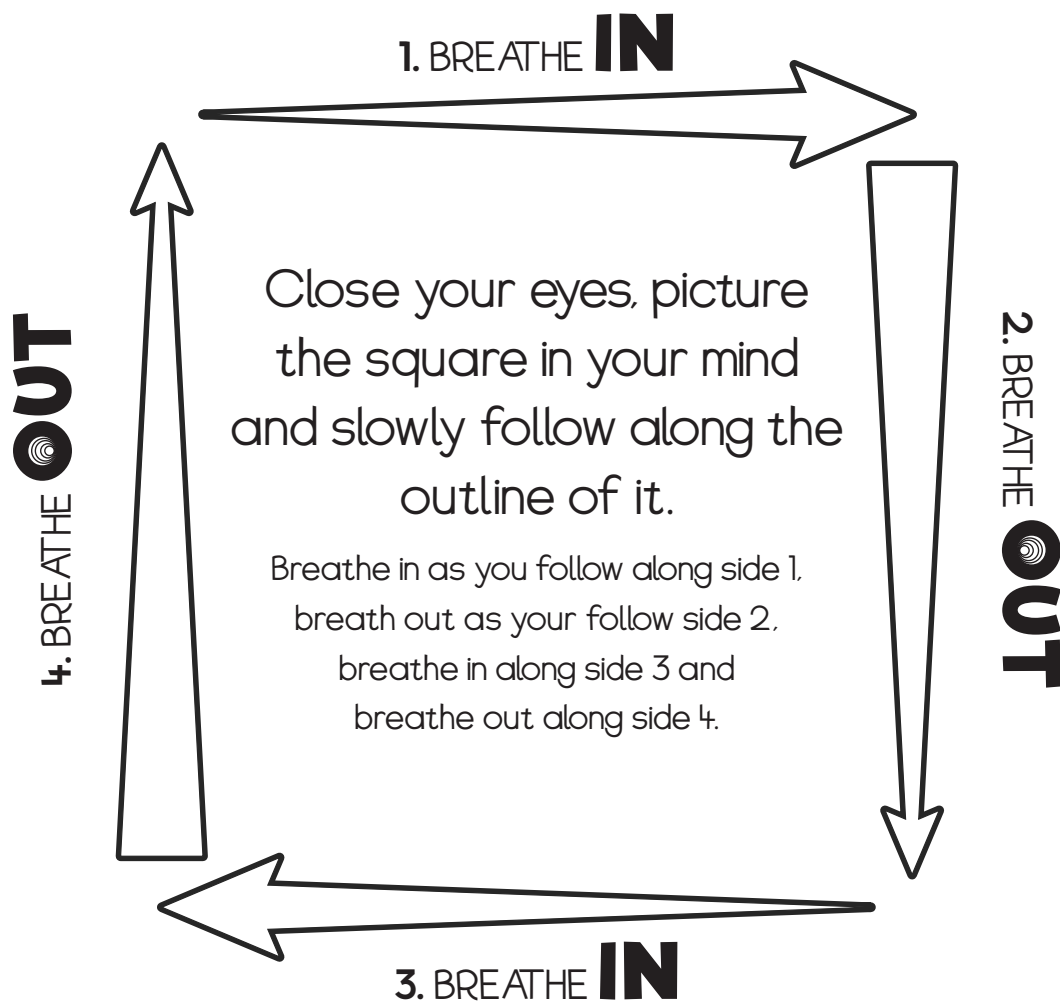


Calm Breathing

Sometimes, thinking about your breathing can help you relax. Try breathing in a square when you are sitting quietly.



Ooooooh so relaxing!
Sometimes, when I do this, I am so relaxed I fall asleep!



 @monkey_wellbeing

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 Monkey Wellbeing

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