



ZENTANGLE BREATHING EXERCISE

Who can do it?



Everyone

When can you do it?



Whenever you feel anxious or stressed.

How to do it?



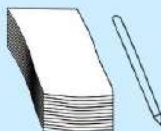
- Grab a sheet of paper and a pen/pencil.
- Draw any of the zentangles (shown in the following image) on a sheet of paper.
- Follow the arrows of the zentangle as shown in the image.
- Listen to the calming music in the link above, and try any of the breathing activities mentioned in the image.

How will it help and expected outcomes?

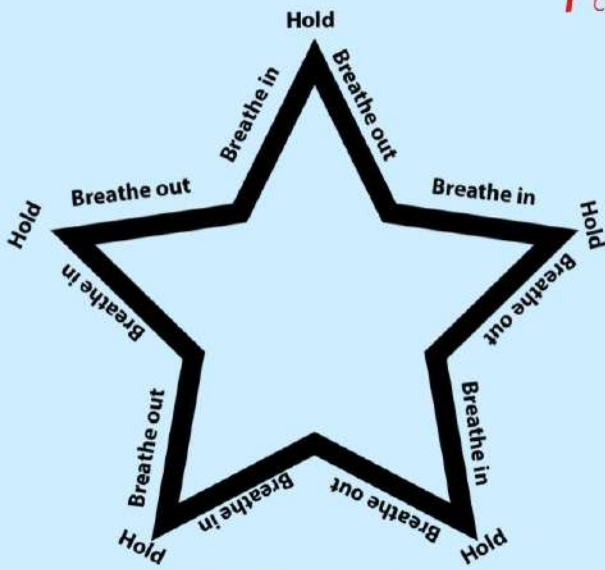


- It's self-soothing. Repetitive creative work, in and of itself, can be calming and self-soothing.
- It teaches us not to rush, and to slow down.
- It helps to take good care of ourselves in the present moment.

Resources required?

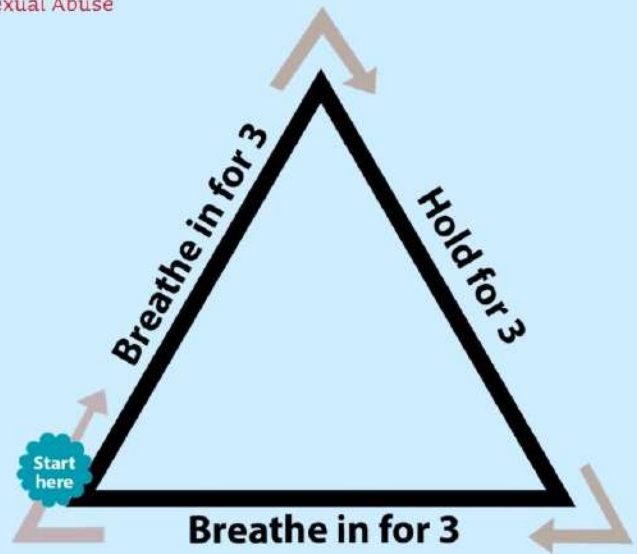


- A sheet of paper
- Pen/Pencil



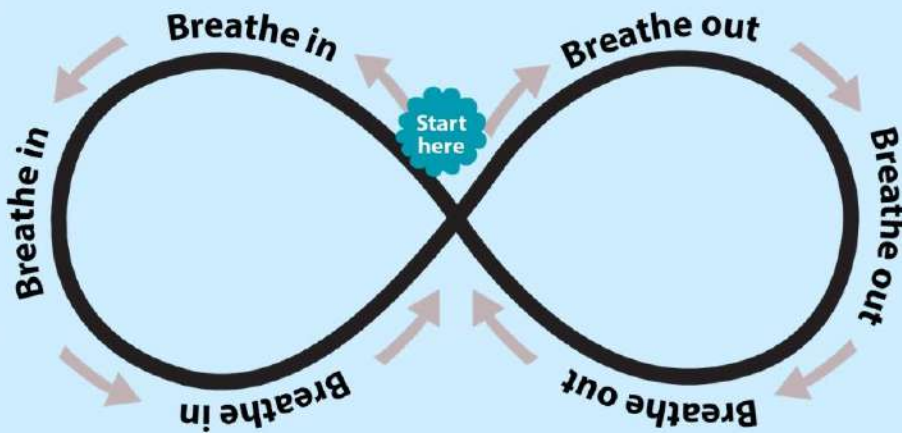
Star Breathing

Start at any "Breathe in" side, hold your breath at the point then breathe out. Keep going until you've gone around the whole star.



Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



Lazy 8 Breathing

Start with an 8 on it's side Starting in the middle go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger

Square Breathing

Start at the bottom right of the square and follow the arrows around the whole square to complete one deep breath.

