

WAYS TO CALM DOWN

.....
THERE ARE A LOT OF
WAYS
TO MEDITATE BUT WE
RECOMMEND
LISTENING TO YOUR
DEEP BREATHING
.....

There are lots of different options of where to meditate and these are some examples...

- A chair (good if you're starting out)
- A meditation cushion (most comfortable)
- Or just sitting/lying on the floor

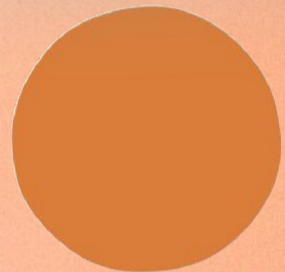


TRY THESE GUIDED MEDITATION APPS

1

HEADSPACE

Headspace is an app where you learn breathing exercises and listen to relaxing music.



HEADSPACE

2

CALM

Calm helps you fall asleep and relive stress and anxiety. Tap on image to download.



3

SMILING MIND

Smiling Mind practice your daily meditation and mindfulness exercises. Tap on image to download.



4

SATTVA

With Sattva you get set goals and you meditate to achieve them. Tap on image to download.



Sattva

5

INSIGHT TIMER

InsightTimer helps you fall asleep for a #LONGTIME. Tap on image to download.

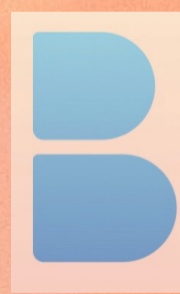


InsightTimer

6

BREETHE

Breethe helps you bounce back to your natural, happy state. Tap on image to download.



7

KIDS HELPLINE

When you need someone to talk to. Kids Helpline provides a great service.



We care.
We listen.

8

5 MINUTE MEDITATION

5 Minuet Meditation Guide. Tap on image to watch.

