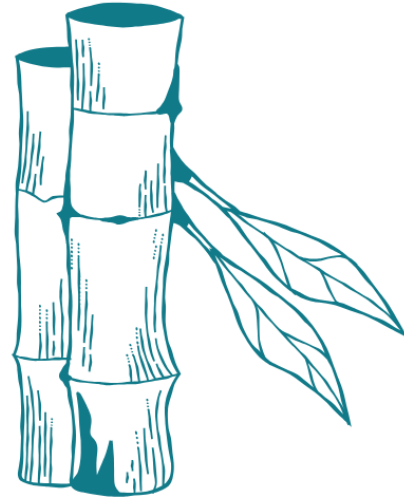


Wellness Menu



Diaphragmatic Breathing

A relaxation technique that involves taking slow, deep breaths using the diaphragm and abdominal muscles rather than breathing into your chest.



5-4-3-2-1 Technique

A sensory exercise where you identify 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste.



Butterfly Tap

A therapeutic technique that involves tapping your body in a rhythmic pattern bilaterally.



5-Point Check-in

A wellness check-in where you briefly evaluate your mind, body, breath, emotions and energy.



Square Breathing

A breathing technique where you inhale through your nose for four counts, hold your breath for four counts, exhale through your mouth for four counts, then hold your breath for four counts. Repeat 1-4 times.