



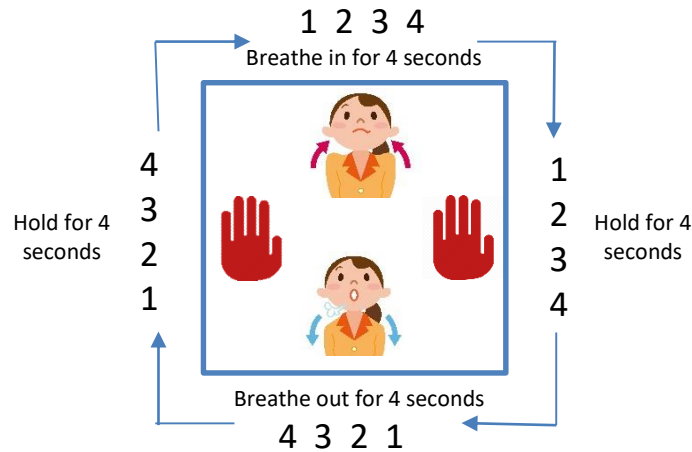
## Easy Mindfulness Exercises

*Relaxation exercises to help anxiety and stress*

### Square Breathing

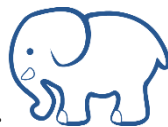
Find something square or rectangular shaped in the room, this could be a TV/computer screen, mirror, window etc.

Using the sides of the square as a guide you can control your breathing.



### Making an Elephant Disappear

1. Think of an Elephant.
2. Now consciously try and 'unthink' it away - this becomes impossible as you can't make thoughts go away by engaging with them.
3. Wiggle your toes and think about how that feels.
4. You've ignored the elephant and made it disappear.



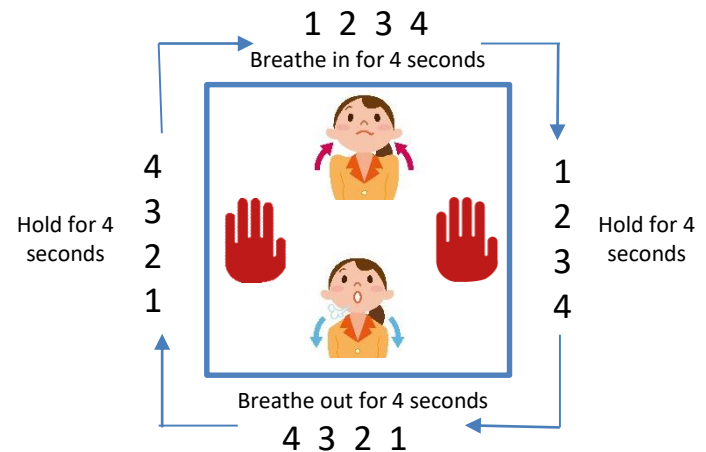
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