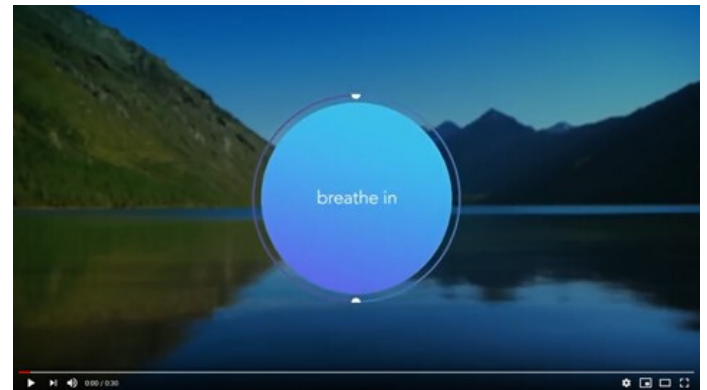


Breathing for Relaxation Videos

Below are a few more videos you can use to practice your Breathing for Relaxation. In these videos, you will match your breath to the shape expanding and shrinking. Click on the hyperlinked titles of each video to view.



[5 Minute Meditative Breathing Exercise |For Reducing Stress & Relieving Anxiety](#)



[Calm Breathe Bubble | Breathing Exercise](#)



[Breathing aid - To help calm you down- \[Anxiety\]. \[Panic attack\]. \[Calming\] \[Soothing\]](#)



[Stop Anxiety | 4-7-8 Calm Breathing Guide](#)