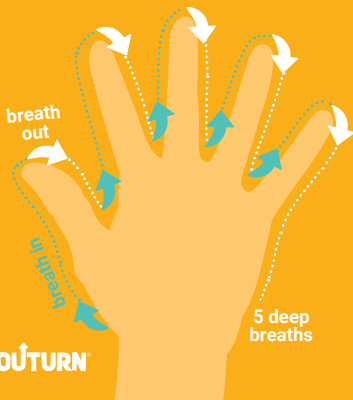


BREATHE WITH ME...

Hold one hand out.

With your other hand, trace each finger **up as you breathe in** and trace each finger **down as you breathe out**.

Finish with 5 deep breaths, and repeat as often as you need.



YOU↑TURN®

This Mental Health Month

TAKE [☆]
SOME [°]
YOU↑
TIME

YOU↑TURN®
support. connect.