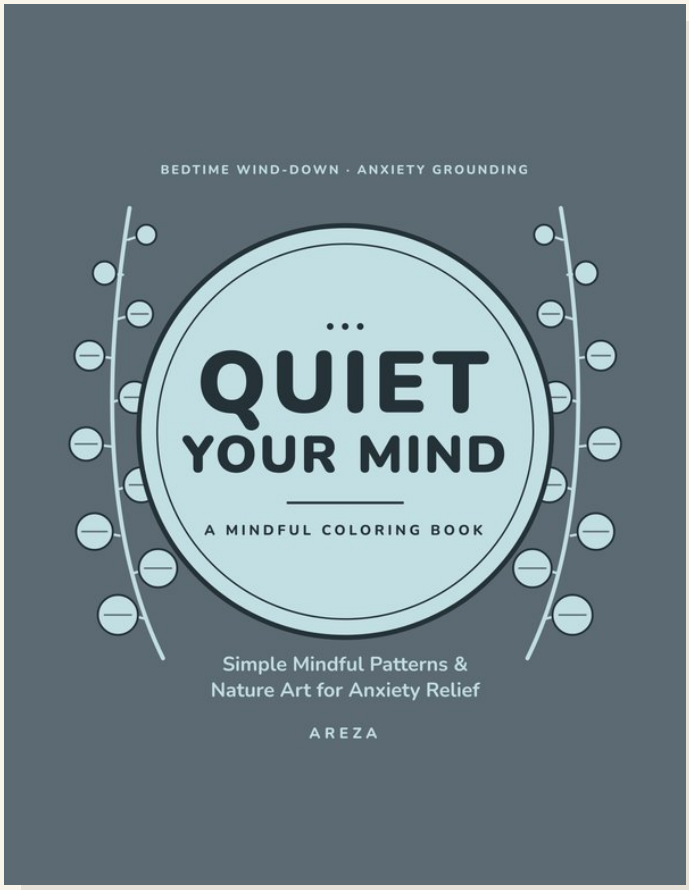

Quiet Your Mind

Simple mindful patterns & nature art for anxiety relief · Adults

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Before You Begin check-in
- Page 3: Design: Box Breathing Square
- Page 4: Mindful reflection page

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Before You Begin

How calm do I feel right now?

1 2 3 4 5 6 7 8 9 10

1 = very unsettled · 10 = completely calm

What is on my mind today:

_____

_____

_____

One small thing I'm grateful for:

_____

_____

Revisit this page whenever you finish a design.

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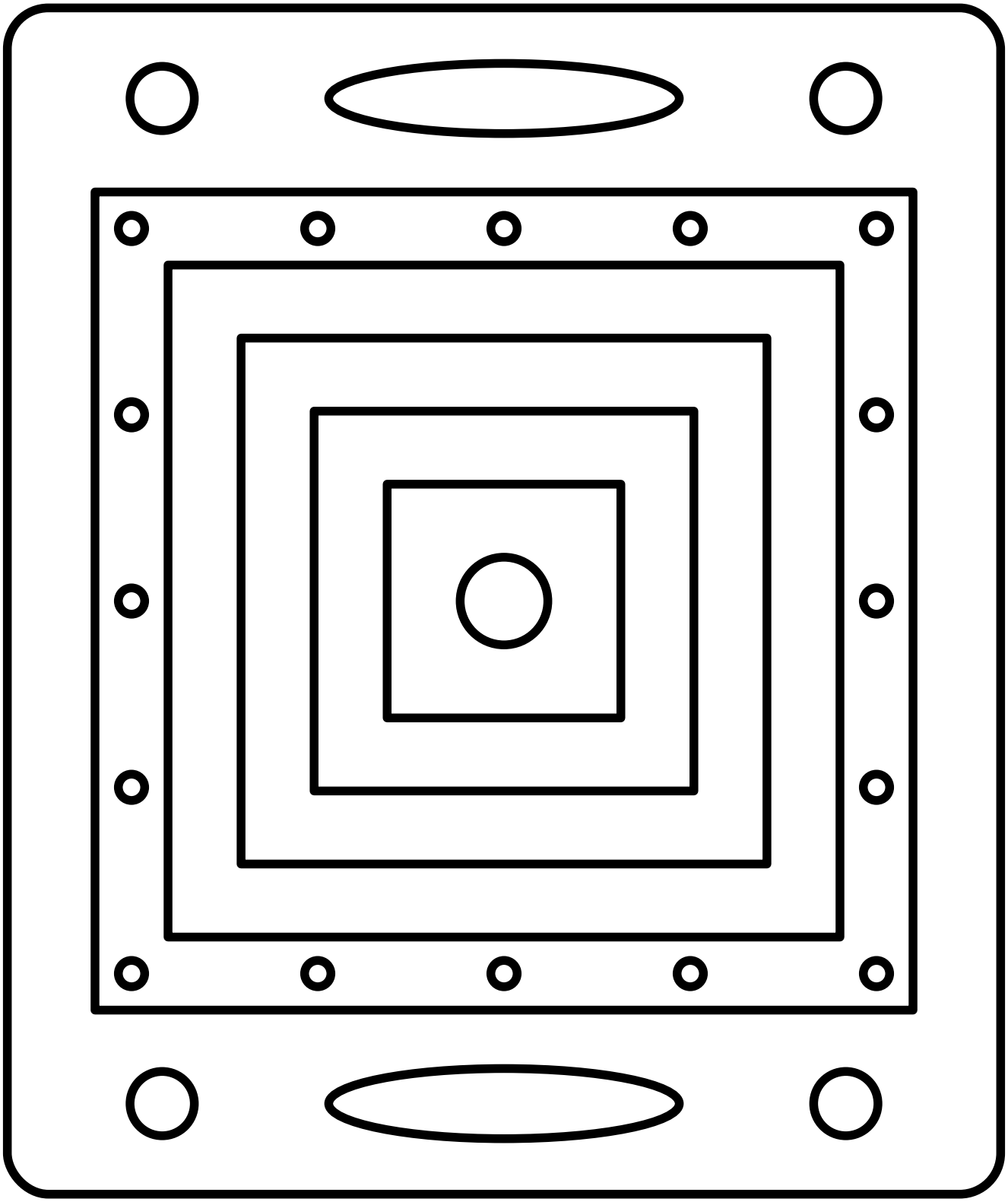

BOX BREATHING SQUARE

Trace one side per count of four: inhale, hold, exhale, hold.

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PAUSE & REFLECT

Box Breathing Square

I breathe in four.
I breathe out four.

Breathe in 4 · Hold 4 · Breathe out 4 · Hold 4

ROUNDS COMPLETED

○ ○ ○ ○ ○

While coloring, I noticed...

Something that feels steady right now:

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