

30 SECOND RELAXATION

Balloon Breaths

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Imagine a balloon.
Give it a colour or pattern.

Picture the balloon floating. Picture it's surroundings. Place your hands on your belly and take a deep breath, feeling it expand as you fill your lungs.

Picture the balloon expanding just as your belly does.

Breathe out slowly, feeling your belly contract. As you do, imagine air being let out of the balloon. Picture the change in size and shape. Does the colour or pattern change?

Repeat until relaxed, then let the balloon go.
Imagine it float away, just like
your stress

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