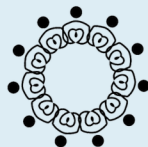
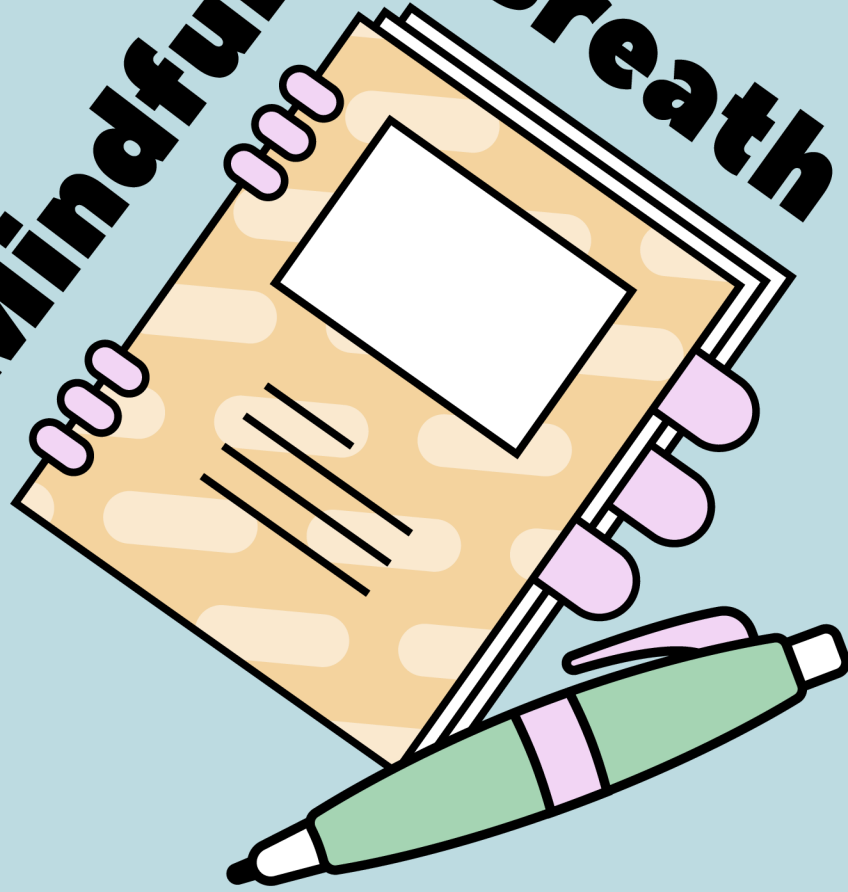


Mindful Breath

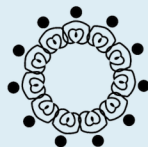


Mindful Breath



What You'll Need!

- **A special sticker – Your mindful breathing reminder!**
- **A notebook, desk, water bottle, or another favorite spot to place your sticker.**
- **Your breath!**



Mindful Breath



A Little Reminder, Just for You!

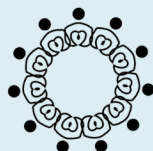
Sometimes, all it takes is one deep breath to reset. Today, you'll receive a special sticker! A simple, gentle reminder to pause and take a mindful breath. You can place it on your notebook, desk, water bottle, or anywhere you'll see it often.

Let's Talk!



- ★ When do you think would be a good time to take a mindful breath?
- ★ Where would you like to place your sticker as a reminder?

Mindful breathing can bring calm, focus, and clarity to your day. Let's find ways to make it a natural part of your daily life!



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 **MOOD Kits by Emily Millar**

 emily-millar.com

Can't wait to see what you create!

