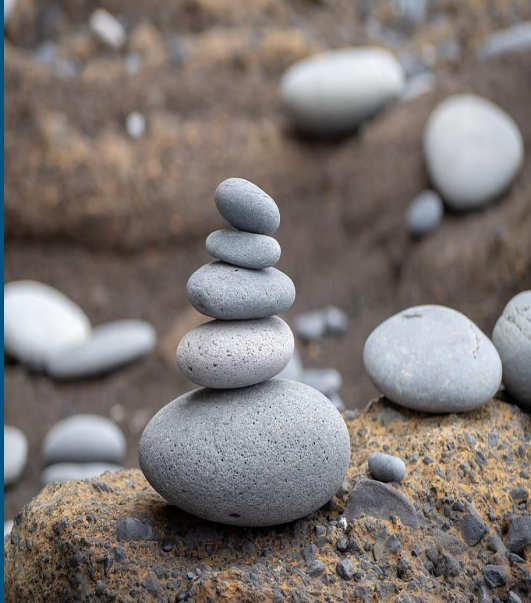


Virtual Calming Room

Midfield City Schools

Just breathe



1. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
2. Breathe in through your nose. Let your belly fill with air.
3. Breathe out through your nose.
4. Place one hand on your belly. Place the other hand on your chest.
5. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
6. Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.



Calming guitar



Peaceful piano



Nature sounds



The image features a serene sunset scene over a body of water. The sky is a deep, dark blue, while the water is illuminated with warm, golden-orange light from the setting sun. A dark, semi-transparent circular overlay is centered on the image, containing the text "Visual Relaxation" in a white, serif font. The text is arranged in two lines, with "Visual" on the top line and "Relaxation" on the bottom line. The overall mood is calm and peaceful.

Visual Relaxation

Glitter Bottle

Calming Bottle Video



Aquarium



Mezmerizing Kaleidoscope



Guided Relaxation



Guided Relaxation





RESOURCES for YOU

Teen Depression



**TeensHealth - Info on
many types of mental
and physical health
issues that impact teens.**

<http://www.teenhealth.org/en/teens>



**KidsHealth - Info on many
types of mental and
physical health issues that
impact kids.**

<https://kidshealth.org/en/kids/?WT.ac=p2k>



Finding Help



NATIONAL

SUICIDE PREVENTION

LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org

