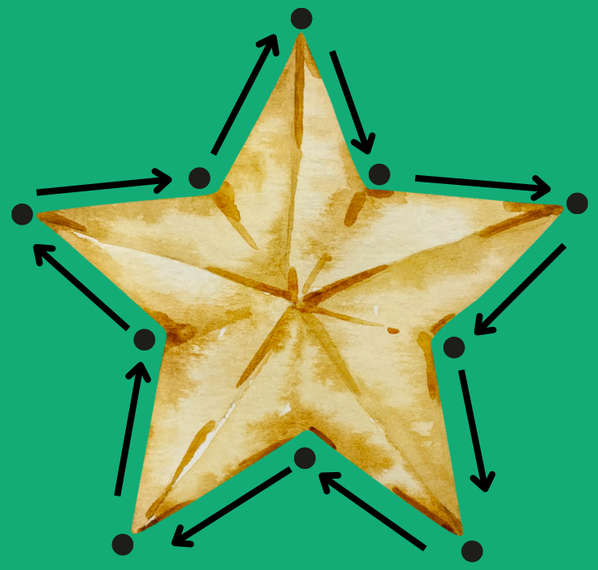
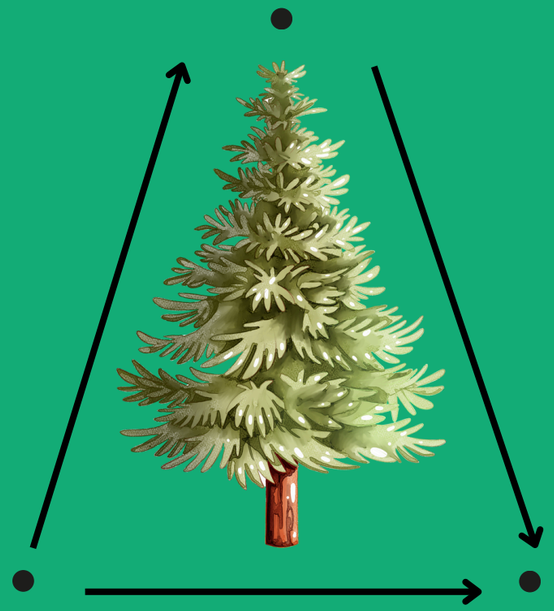
MENTAL HEALTH SUPPORT TEAM

NHS
Humber Teaching
NHS Foundation Trust

CHRISTMAS BREATHING TECHNIQUES



Star breaths



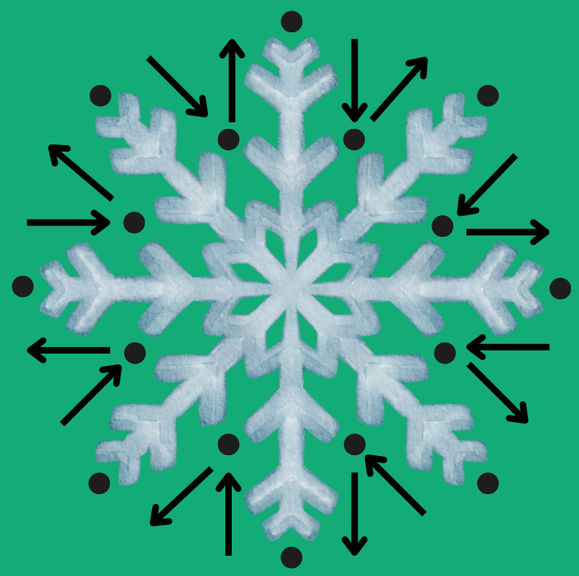
Christmas tree breaths



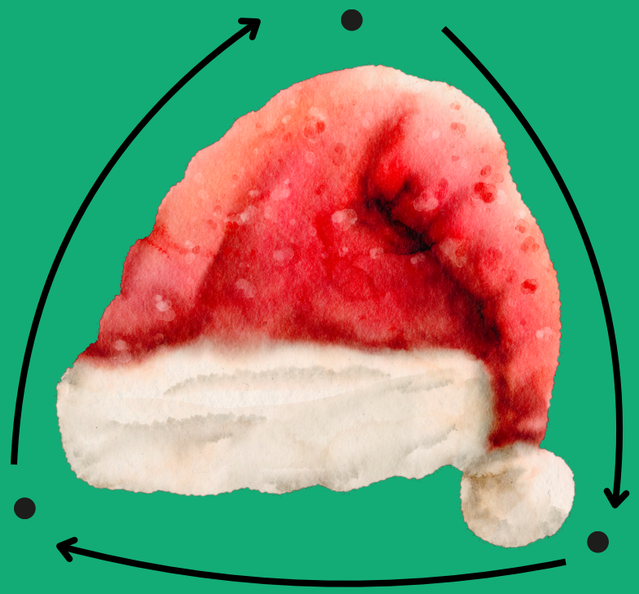
Cookie stack breaths



Christmas gift breaths



Snowflake breaths



Santa hat breaths

follow @mymhst for more self-help tips to boost your emotional wellbeing and support your mental health