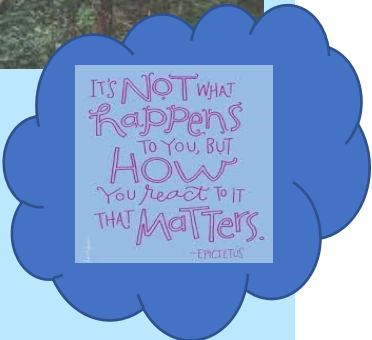
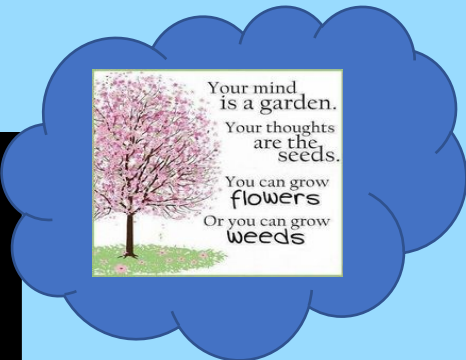


Topaz Quiet Space to Reduce Self Harm



Rainbow



Breathing

1. Place your finger at the bottom of the rainbow.

2. Breathe in through your nose and trace the red arc until you reach the top.

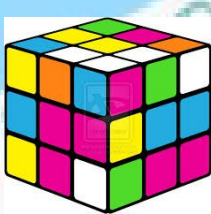
3. When you reach the top, begin to exhale through your mouth and continue tracing.

4. Repeat with each color or until you feel calm and grounded.



By Jocelyn Gauthier @MentalHealthAwarenessLife





SUDOKU

8	1	6	9	2	7
7	2	3	1	8	3
5	9	8	2	6	3
6	2	1	6	4	
7		6	8		
8	4	7	3	9	6
4	1	5	9	2	8
2	3	8			
2	3	4	6	1	