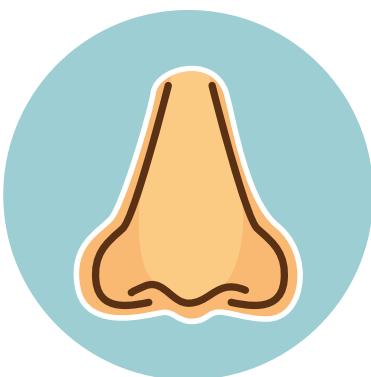


Feeling breathing

Interoception activity



**Sit comfortably on a chair
Close your mouth and eyes**



**Breath in and out through
your nose slowly. Focus
on feeling the air going in
and out through your
nose.**

