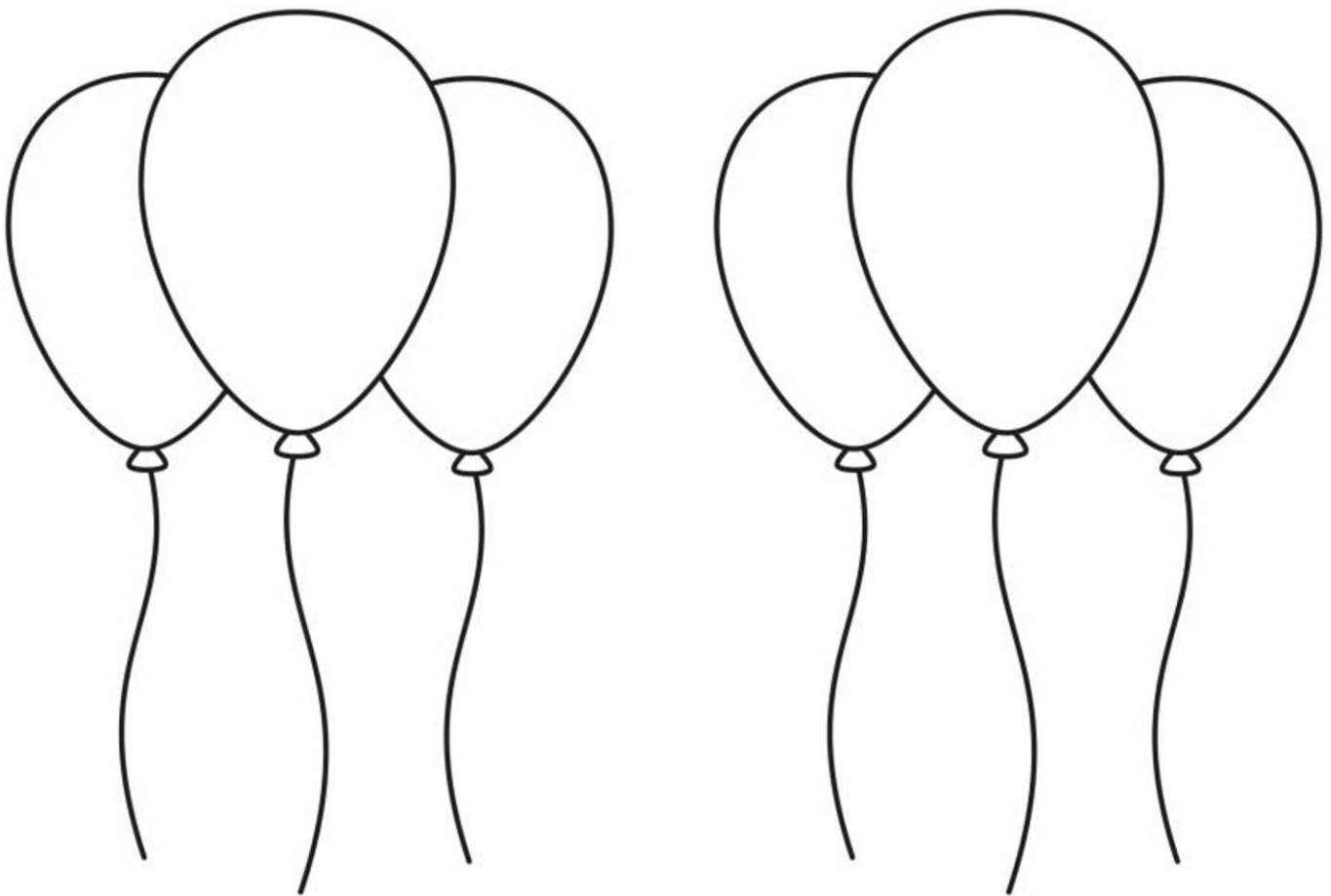


subtle-arts

Letting Go Exercise

In the balloons, name some things that are making you anxious. Close your eyes and imagine holding the balloons in your hand. Let each balloon go and visualize the worries floating away, as well. Take a deep breath and open your eyes.



Then reflect on how it feels to let those things go...