

# BREATHING/RELAXATION TECHNIQUES FROM THE MHS NURSE'S OFFICE!

[Relaxation Exercises: Breathing Basics \(for Teens\) - Nemours KidsHealth](#)

[Relaxation Techniques for Teens](#)

[10 Cool Meditations for Pre-Teens and Teens - DoYou](#)

[5 Meditation Tips for Teenagers to Relieve Stress and Anxiety – Fitbase Blog](#)

## ADDITIONAL RESOURCES!

[This is Quitting](#)

[The 84 Movement](#)

[Not-On-Tobacco-N-O-T Cessation Program Information](#)

[Medfield Cares About Prevention Teen Resources](#)