



Caring Safely™

Module One – Video Three

The Wellness Gauge and Relaxation

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In this module

- The Wellness Gauge
- Two different 3 Minute Audio Breathing Practices

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The Wellness Gauge



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Relaxation Practice

Flexi-Self Care

One quick thing you can do to nourish yourself and fill your well

Audio Download – 3 Minute Breathing for Energy or Relaxation

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