Inspire pop up content to be removed.

\*\*\*\* Please have items randomly shuffled, not just alphabetically

Items from pop up to be removed

Stressed:

1. Affirmations (video) delete
2. Body Mindfulness • here and now – doubled. Please remove 1 of them so there is only 1.
3. Balloon Breath - doubled. Please remove 1 of them so there is only 1.
4. Body Scan with Beach sounds - doubled. Please remove 1 of them so there is only 1.
5. Be in the present moment - doubled. Please remove 1 of them so there is only 1.
6. Belly Breath - repeated 3 times. Please remove 2 of them so there is only 1.Box breathing 1 - repeated 3 times. Please remove 2 of them so there is only 1.
7. Box breathing 2 – repeated 3 times. Please remove 2 of them so there is only 1.
8. Bumblebee breathing - doubled. Please remove 1 of them so there is only 1.
9. Cat cow breathing - repeated 3 times. Please remove 2 of them so there is only 1.
10. Finger circle breath - doubled. Please remove 1 of them so there is only 1.
11. Forward Fold Breath - doubled. Please remove 1 of them so there is only 1.
12. Full body awareness - doubled. Please remove 1 of them so there is only 1.
13. Hug Breath - doubled. Please remove 1 of them so there is only 1.
14. Lion’s Breath - doubled. Please remove 1 of them so there is only 1.
15. Lotus Breath - repeated 3 times. Please remove 2 of them so there is only 1.
16. Mindful Awareness - doubled. Please remove 1 of them so there is only 1.
17. Positive Mindset - doubled. Please remove 1 of them so there is only 1.
18. Easy twist breath - doubled. Please remove 1 of them so there is only 1.
19. Senses check in (video) remove
20. Spread a little kindness (video) remove
21. Three part breath - doubled. Please remove 1 of them so there is only 1.
22. Torso circle breath - doubled. Please remove 1 of them so there is only 1.
23. Whistle breath - doubled. Please remove 1 of them so there is only 1.
24. Wind release flow - doubled. Please remove 1 of them so there is only 1.

Anxious:

1. Affirmations (video) delete
2. Balloon breath - doubled. Please remove 1 of them so there is only 1.
3. Be in the present moment - doubled. Please remove 1 of them so there is only 1.
4. Belly Breath - - repeated 3 times. Please remove 2 of them so there is only 1.
5. Body mindfulness - doubled. Please remove 1 of them so there is only 1.
6. Body scan with beach sounds - doubled. Please remove 1 of them so there is only 1.
7. Box breathing 1 - repeated 3 times. Please remove 2 of them so there is only 1.
8. Box breathing 2 - repeated 3 times. Please remove 2 of them so there is only 1.
9. Bumblebee breathing - doubled. Please remove 1 of them so there is only 1.
10. Cat cow breathing - - repeated 3 times. Please remove 2 of them so there is only 1.
11. Easy twist breath - - doubled. Please remove 1 of them so there is only 1.
12. Finger circle breath - - doubled. Please remove 1 of them so there is only 1.
13. Forward fold breath - - doubled. Please remove 1 of them so there is only 1.
14. Full body awareness - - doubled. Please remove 1 of them so there is only 1.
15. Hug breath - - doubled. Please remove 1 of them so there is only 1.
16. Lion’s breath - - doubled. Please remove 1 of them so there is only 1.
17. Lotus breath - repeated 3 times. Please remove 2 of them so there is only 1.
18. Mindful awareness - doubled. Please remove 1 of them so there is only 1.
19. Senses check-in (video) – remove
20. Spread a little kindness (video) – remove
21. Sunshine breath - doubled. Please remove 1 of them so there is only 1.
22. Three part breath - doubled. Please remove 1 of them so there is only 1.
23. Torso circle breath - doubled. Please remove 1 of them so there is only 1.
24. Waterfall - doubled. Please remove 1 of them so there is only 1.
25. Whistle breath - doubled. Please remove 1 of them so there is only 1.

Overwhelmed:

1. Affirmations (video) – delete
2. Balloon breath - doubled. Please remove 1 of them so there is only 1.
3. Be in the present moment - doubled. Please remove 1 of them so there is only 1.
4. Belly breath - repeated 3 times. Please remove 2 of them so there is only 1.
5. Body mindfulness – here and now - doubled. Please remove 1 of them so there is only 1.
6. Body scan with beach sounds - doubled. Please remove 1 of them so there is only 1.
7. Box breathing 1 - repeated 3 times. Please remove 2 of them so there is only 1.
8. Box breathing 2 - doubled. Please remove 1 of them so there is only 1.
9. Bumblebee breathing - doubled. Please remove 1 of them so there is only 1.
10. Cat cow breathing - repeated 3 times. Please remove 2 of them so there is only 1.
11. Easy twist breath - doubled. Please remove 1 of them so there is only 1.
12. Finger circle breath - doubled. Please remove 1 of them so there is only 1.
13. Forward fold breath - doubled. Please remove 1 of them so there is only 1.
14. Full body awareness - doubled. Please remove 1 of them so there is only 1.
15. Hug breath - doubled. Please remove 1 of them so there is only 1.
16. Lion’s breath - doubled. Please remove 1 of them so there is only 1.
17. Lotus breath - - repeated 3 times. Please remove 2 of them so there is only 1.
18. Mindful awareness - doubled. Please remove 1 of them so there is only 1.
19. Senses check-in (video) delete
20. Spread a little kindness (video) delete
21. Sunshine breath - doubled. Please remove 1 of them so there is only 1.
22. Three part breath - doubled. Please remove 1 of them so there is only 1.
23. Torso circle breath - doubled. Please remove 1 of them so there is only 1.
24. Waterfall - doubled. Please remove 1 of them so there is only 1.
25. Whistle breath - doubled. Please remove 1 of them so there is only 1.
26. Wind release flow – remove. There is another with a different name so just remove this.

Insecure:

1. Celebrate your differences (video) delete
2. CEO pose - doubled. Please remove 1 of them so there is only 1.
3. Chin up shoulders back - doubled. Please remove 1 of them so there is only 1.
4. Collaborator’s clasp - doubled. Please remove 1 of them so there is only 1.
5. Commander’s gaze - doubled. Please remove 1 of them so there is only 1.
6. Confidence stride - doubled. Please remove 1 of them so there is only 1.
7. Crossed arms - doubled. Please remove 1 of them so there is only 1.
8. Make a list of accomplishments (video) – delete
9. Open body - doubled. Please remove 1 of them so there is only 1.
10. Open chest - doubled. Please remove 1 of them so there is only 1.
11. Rockstar - doubled. Please remove 1 of them so there is only 1.
12. Set a goal (video) – delete