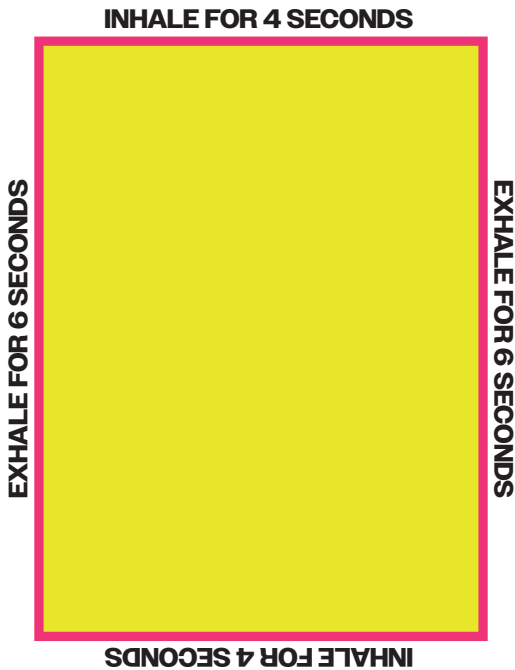


self-care exercises

BOX BREATHING

Imagine the rectangle below in your head. Close your eyes and use your finger to draw out this rectangle in the air. When you draw the top and bottom inhale for 4 seconds. When you draw the sides exhale for 6 seconds.



GRATITUDE JOURNAL

THREE THINGS I AM THANKFUL FOR:

1.

2.

3.

HAPPY PLACE

CLOSE YOUR EYES.

YOU ARE ABOUT TO CREATE YOUR HAPPY PLACE.

WHERE ARE YOU? (BEACH, DESERT, JUNGLE)

WHAT DO YOU SEE?

WHAT DO YOU FEEL? (WARM, COLD, WIND, RAIN)

WHAT DO YOU SMELL?

WHAT DO YOU HEAR?

PRACTICE THIS OFTEN AS AN ESCAPE TO A PLACE THAT IS HAPPY FOR YOU.