



5 WAYS TO CENTER YOURSELF

Use one or all of these calming strategies when you're feeling overwhelmed

USE YOUR BREATH

Slowly breathe in for 4, hold it for 4, and then breathe out for 6. Repeat 10 times.



RELAX YOUR BODY

One by one, tense each muscle group in your body for 10 seconds and then release. Notice how it feels to let your muscles relax and have the tension leave your body.



CELEBRATE YOUR WINS

Think about 3 things that went well today and consider why those things went well.



FOCUS YOUR ATTENTION

Pick a color. Look around the room you are in and name everything that is that color. Repeat with a different color.



GROUND YOURSELF

Do a scan of your body and notice the air around you and any surfaces you are touching. If possible, close your eyes and focus on sensations, textures, and temperatures.

