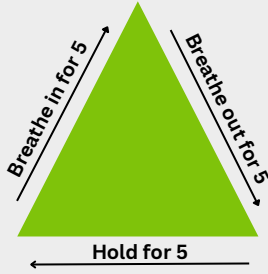
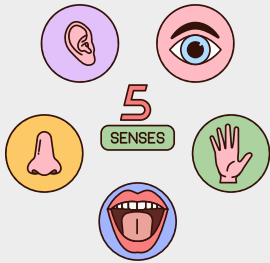


Mindfulness Skills



Breathe in deeply for 5 seconds, exhale for 5 seconds, then hold for 5 seconds.

Optional: breathe in through your nose and exhale through your mouth.



Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste.



Picture a peaceful place. Imagine that you are safe and relaxing there.

If you are having difficulty cuing yourself, check out imagination.stanford.edu



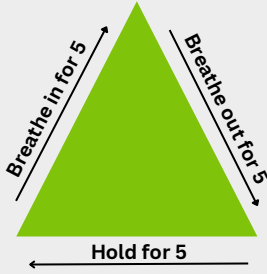
Squeeze and hold each muscle group (fists, arms, or legs) before releasing.

Bonus: Try pairing this with breathing! Tense muscles on inhale & release on exhale.



Look around and find one object for each color of the rainbow.

Coping Skills



Breathe in deeply for 5 seconds, exhale for 5 seconds, then hold for 5 seconds.

Optional: breathe in through your nose and exhale through your mouth.



Choose a category, like animals or foods, and name one item for each letter of the alphabet.



Picture a peaceful place. Imagine that you are safe and relaxing there.

If you are having difficulty cuing yourself, check out imagination.stanford.edu



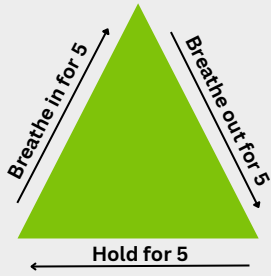
Squeeze and hold each muscle group (fists, arms, or legs) before releasing.

Bonus: Try pairing this with breathing! Tense muscles on inhale & release on exhale.



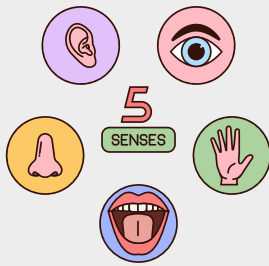
Look around and find one object for each color of the rainbow.

Mindfulness Skills



Breathe in deeply for 5 seconds, exhale for 5 seconds, then hold for 5 seconds.

Optional: breathe in through your nose and exhale through your mouth.



Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste.



Picture a peaceful place. Imagine that you are safe and relaxing there.

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Squeeze and hold each muscle group, like fists, arms, or legs, before releasing.



Look around and find one object for each color of the rainbow.