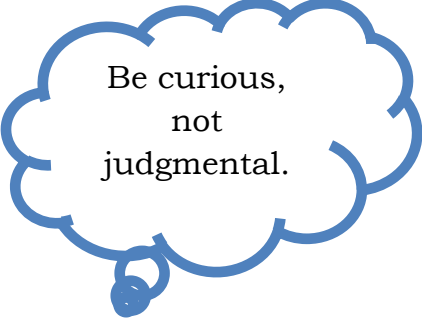
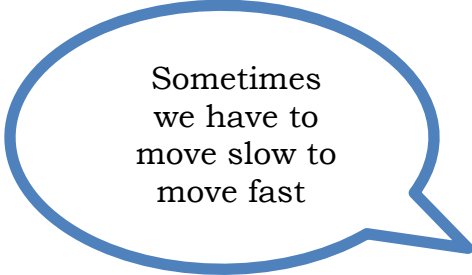


man·tra: a statement or slogan repeated frequently.

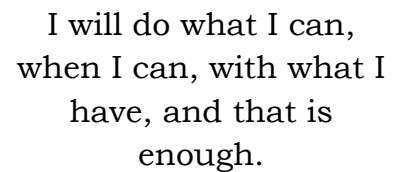
Whether you're trying to make it through a tough day or get past a failure, mantras can be helpful tools for reframing in the moment in order to remain focused on our goals.




Be curious,
not
judgmental.



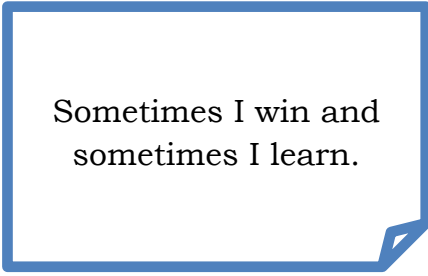
Sometimes
we have to
move slow to
move fast



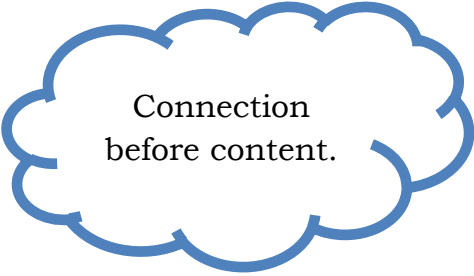
I will do what I can,
when I can, with what I
have, and that is
enough.



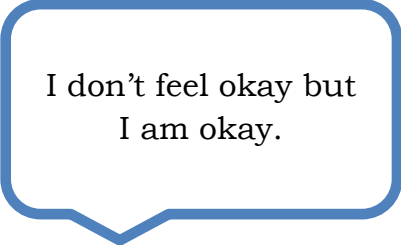
It's about
progress, not
perfection.



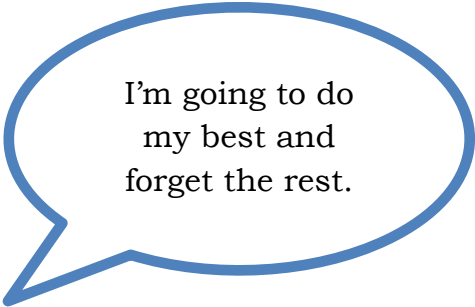
Sometimes I win and
sometimes I learn.



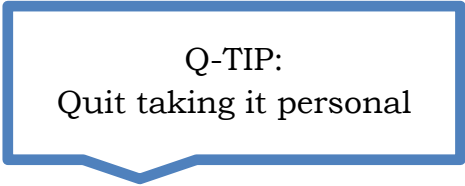
Connection
before content.



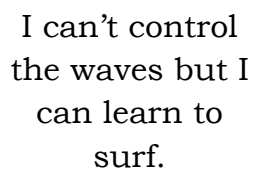
I don't feel okay but
I am okay.



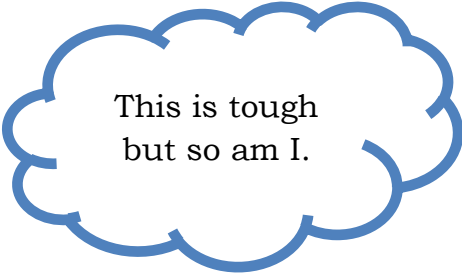
I'm going to do
my best and
forget the rest.



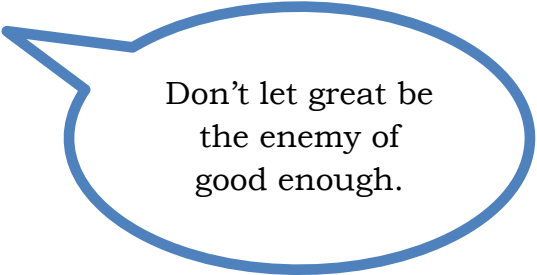
Q-TIP:
Quit taking it personal



I can't control
the waves but I
can learn to
surf.



This is tough
but so am I.



Don't let great be
the enemy of
good enough.

in·hale & ex·hale: to breathe in and breathe out.

During difficult situations and amidst powerful emotions, breathing can regulate us and provide us with the space to respond rather than react.

Stacked Breathing

Stacked breathing: short inhale through the nostrils followed by a long inhale into the nostrils, then slowly exhale through the mouth. Repeat 3 to 5 times.

Box Breathing

Inhale for four seconds, hold for four seconds, exhale for four seconds, then hold for four seconds.
Repeat 3 to 5 times.

Five-Finger Breathing

While tracing all 5 fingers on your hand, inhale as you trace up one side of a finger and exhale while you trace down the other side. Repeat this process 2 to 3 times.

Open-closed fist breathing

Start with a clenched fist and breathe in as you extend your thumb. Exhale slowly then inhale as you extend your pointer finger. Repeat this for each remaining finger. Clench your other fist and repeat the extensions.

Diaphragmatic breathing

Take a long inhale through your nose all the way to your belly, extending your midsection as much as possible. Then slowly exhale through your mouth, pulling your midsection back in. Repeat 5 times.

mind·ful move·ment: conscious body positioning.

When we become overwhelmed, connecting with our body can reconnect us to the present moment and enable clarity and calm.

Heel-to-toe rocking: focus your body weight on your heels and then slowly move your body weight toward your toes. Repeat 3 to 5 times.

Heel-to-toe walking: slowly walk one heel directly in front of the other foot, then roll from heel to toe. Follow this procession with the next step. Walk the length of the classroom this way.

Using both hands, briefly tap your thumb to each finger, starting at the pointer finger. When you arrive at the pinky, tap back to your pointer finger. Repeat 3 times.

Five senses lift: while lifting your heels up and down (calf raise), focus on one thing you can see. Repeat for the rest of your five senses.

Sit or stand. If you're standing, slowly lower your body down into a chair. If you're sitting, slowly raise your body up to the standing position.