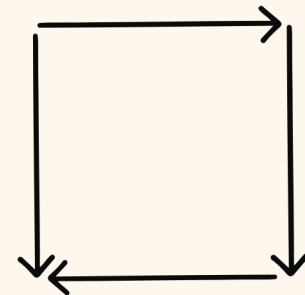




BOX BREATHING

For this exercise, you will inhale slowly through your nose, hold, then exhale slowly through your mouth, hold.

Each of these four steps of a breath cycle will be done to the same count. Try using a count of 4.



Inhale. 1, 2, 3, 4.

Hold it. (1, 2, 3, 4.)

Exhale. 1, 2, 3, 4.

Hold it. (1, 2, 3, 4.)

If you begin to feel any discomfort, stop the box breathing and breathe normally.

RESET BREAKS



If you are spinning your wheels and not able to get momentum on a project, take a 10 minute reset break. First create a list of 10 things that you can do for 10 minutes to reset yourself. Examples may include:

Go for a walk

Have a mini dance party

Journal

Meditate

Solve a puzzle

Go outdoors

Hug a pet

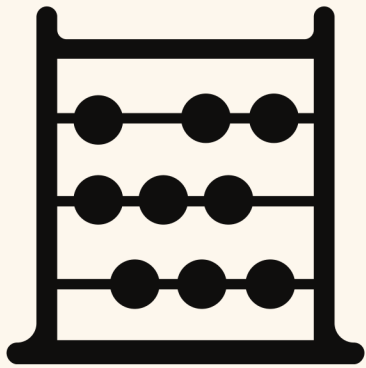

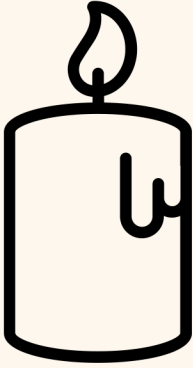

Listen to music

Read

Stretch

QUICK RESET < 3 MIN.

Sometimes you have to reset quickly. What can you try then?

			
Count backwards from 100 by counts of three.	Close your eyes and focus (consistently) on one sound in the room, 2-3 min.	With eyes partially closed, stare at one focus point, 2-3 min. Ex: a candle flame, the end of a pen, a spot on a wall.	Complete a "brain dump" on paper or in a notes file.

AFFIRMATION EXAMPLES

- I can achieve anything I set my mind to.
- I have the power to control my destiny.
- I have an unshakeable faith in myself.
- I am always prepared and ready for whatever comes my way.
- I am in charge of my life.
- No one can control me except for myself.
- I will consciously choose how I respond to situations.
- I possess the power to overcome any challenge that comes my way.
- I am patient and persistent, knowing that great things take time.
- I celebrate my achievements, no matter how big or small, and acknowledge my progress.
- I am a magnet for success and attract opportunities that align with my purpose.
- I am confident in my abilities and trust in my capacity to achieve greatness.
- I am committed to my personal growth and dedicate time and effort to continually improve myself.
- I am the master of my own destiny, and I create a life that brings me joy, fulfillment, and happiness.