

Mindful Moments:

5 Keys to a Calmer You



Breathe Deeply:
Take a moment to relax. Inhale for 3 seconds, hold for 3 seconds, exhale for 3 seconds.

Check-in with your feelings:
How are you feeling right now? It's okay to feel this way.

Take a Break:
When things get tough, step away for a short break. Recharge and come back stronger.

Believe in Yourself:
Say these positive words to yourself:
"I can do it,"
"I'm strong,"
"I'm in charge of my feelings."

Talk it Out:
Share your feelings with someone you trust, like an adult or friend. It can make you feel better and helps.

Remember, it's okay to feel your emotions, and these tips can help you navigate them. You've got this!

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