

# BREATHE LIKE a BOSS

Try box breathing: Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat until your brain chills out.

INHALE

HOLD

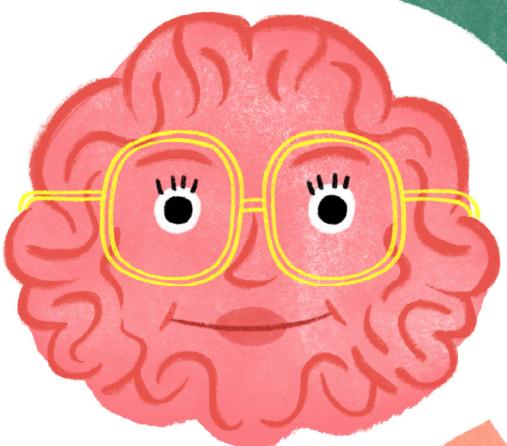
HOLD

EXHALE

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# Ground yourself

*Use your senses to bring you back to now. Try the 5-4-3-2-1 trick: Name 5 things you see, 4 things you feel, 3 things you hear ... you get the idea.*



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# SHAKE it OFF

*Feeling anxious? Walk, stretch, dance, or do jumping jacks. Movement helps shake off the stress chemicals.*



# BRAiN = CHiLL DUMPl = BOOST

Scribble your stress. Writing out all your feelings can make things feel less big and scary. Plus, no one has to read it but you.



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# CATCH SOME CALM

*Feeling anxious? Find someone who's steady and grounded. Just being near a calm presence can help your nervous system settle.*

