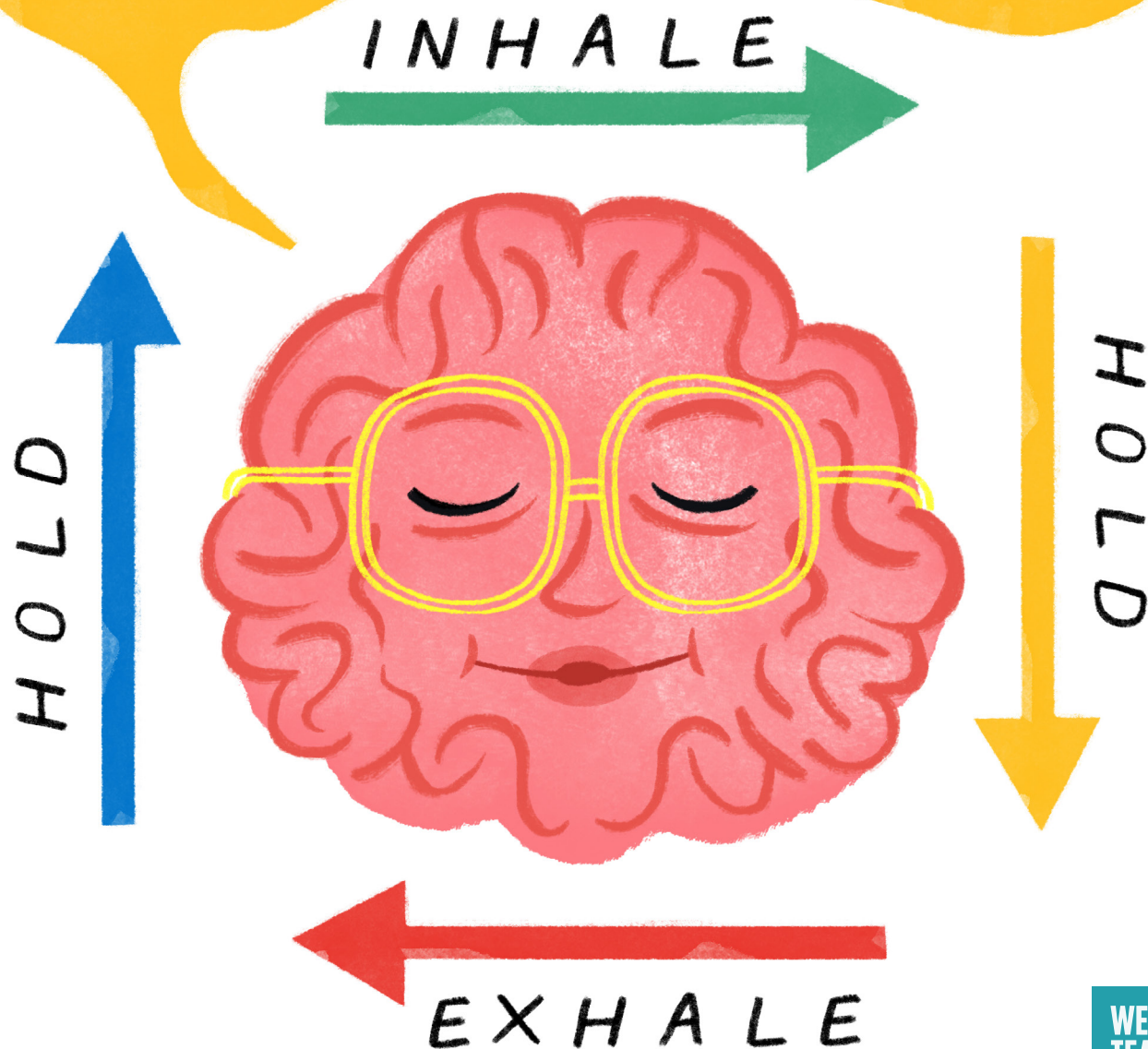


BREATHE

LIKE a

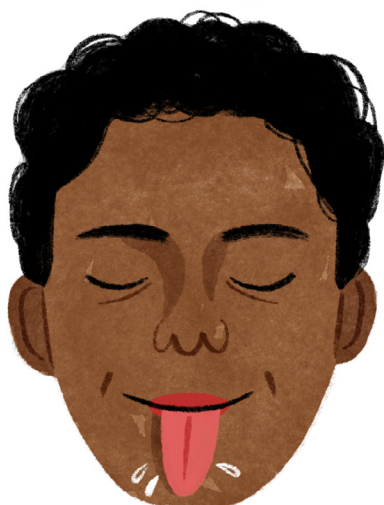
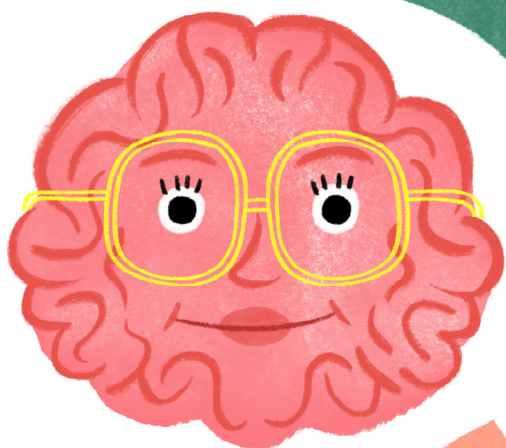
BOSS

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



GROWND 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.



**WE ARE
TEACHERS**

SHAKE *it* OFF

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



**WE ARE
TEACHERS**

BRAIN DUMP = CHILL 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.

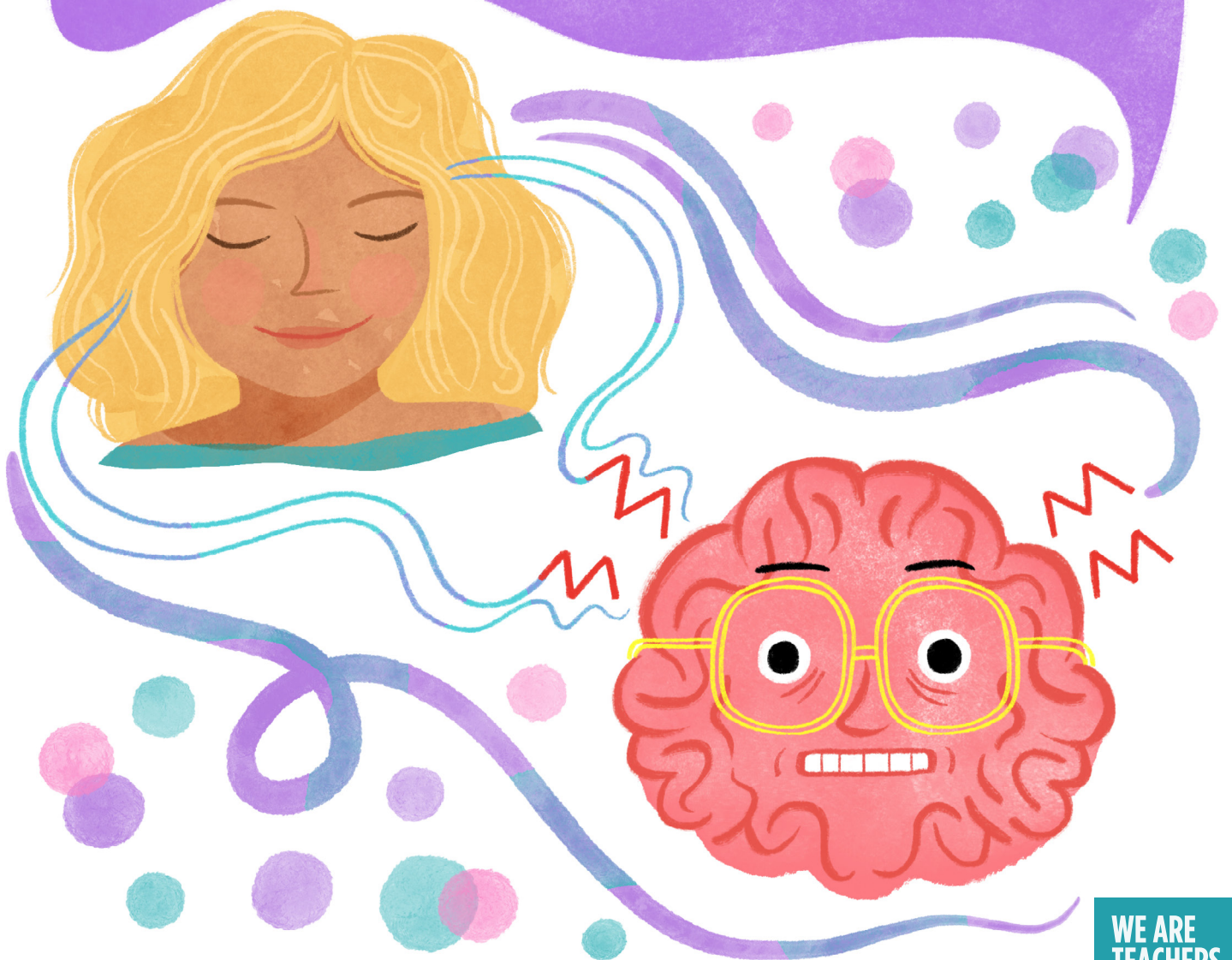


**WE ARE
TEACHERS**

CATCH SOME

CALM

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



**WE ARE
TEACHERS**