

Take a “Bathroom Break”

Need a moment of calm right now?

Take slow deep breaths, release the tension throughout your body, and repeat the following phrases to yourself:

I am calm and relaxed

I feel quite quiet

I feel quiet, relaxed and comfortable

My mind is quiet

I am at peace

I feel an inward quietness

I am at ease

My mind is serene and still

Still stressed?

Read through the script again and really allow yourself to feel what you're saying

Mindful Moment:

An Exercise for the End of the Day

Take a moment to reflect on the following questions:

What did I learn today? Is there anything I will do differently based on what I learned?

What am I grateful for today? Think of 3 things you can share with another person that were positive.

After my workday, what do I need to best care for myself? What is one way I can spend 5 minutes on my arrival home to meet that need?



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