



Calm Breathing

Daily Practice

(Hahn, 2008, p. 6)

"Breathing in, I calm
MY body.

Breathing out, I calm
MY MIND."



- 1** Find a comfortable posture.
- 2** Notice the sensations of your breath on your inhalation and exhalation.
- 3** Think, "Breathing in, I calm my body. Breathing out, I calm my mind."
- 4** Whenever you become distracted, gently return to the present moment.

Why: The calm breathing activity may help to experience a sense of calm and to treat ourselves with a bit more kindness. The activity can be used anytime during your daily life when you are struggling.



Hands on Heart

Daily Practice

(Neff, 2011; Neff & Germer, 2018)



1

When you're having a difficult time, gently put one or both of your hands on your heart.

2

Take three deep breathes.

3

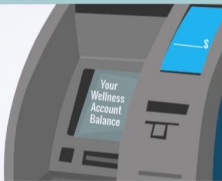
If you have a mantra you can say it to yourself, such as 'may I be at peace, may I be calm,' or 'it's okay to not be okay.'

Why: This brief activity can be used anytime during our daily life when we are struggling. The activity may help us to be a bit kinder and gentler with ourselves.



What is Your Wellness Account Balance?

We all have a wellness account balance.



Certain things may take away from our balance, like paperwork, not sleeping well, and being stuck in traffic.



Certain things may add to our balance, like exercising, laughing with others, and spending time in nature.



It's important to check where your balance is so you can adjust accordingly.



LIST THREE THINGS THAT
ADD TO YOUR WELLNESS
ACCOUNT

1. _____
2. _____
3. _____

LIST THREE THINGS THAT
TAKE AWAY FROM YOUR
WELLNESS ACCOUNT

1. _____
2. _____
3. _____

Six Word Story

Activity

- 1** Write a six word story about a kind thing you can do for yourself when you notice you're struggling. Examples include, "Sit by the fire, drink tea," and "Spend more time with my family."
- 2** Write the story down on the wallet-sized card at the bottom of the page.
- 3** If you're doing this in a group, you may share your six word story with the person next to you if you wish.
- 4** You can cutout the card and put it in your wallet to help you remember to practice the story when you're struggling.

