

THEME: "JUST BREATHE: BRAIN BUILDING AND RESPONDING TO STRESS"



We all have those moments when it's all too much. We face daily challenges with no end in sight, which can make our minds feel cloudy and our hearts heavy. The way we react to stress affects our wellbeing. If we allow it to linger, it can affect our sleep, immune system, and cause us illness. Especially during times like these, we need to take care of our health and well-being. We can choose our "Relax Response" to help.

Take a moment to be still. Feel connected to, and held by, the earth, and breathe into the whole body. Direct the breath to any areas of stress or tension to help release the burdens. Exhale and let it all go.

Repeat this exercise as many times as you need, until you feel relaxed. Remember that when you pause in stress, you are better able to respond to what life is giving you.

May you be safe. May you be healthy. May you be loved.

We are here for you, for them.



MANTRA

"When I pause in stress, I am better able to respond.
Breathe and breathe again.
Let it be."



ACTIVITY: LET YOUR WORRIES FLOAT AWAY

As a creative activity, print this page and draw your worries in the balloon. Breathe slowly as you imagine the balloon floating away, taking your worries with it. Feel a sense of calm within the body and mind. You can also draw a balloon on a piece of paper for the activity.





ACTIVITY

4-7-8 Breath



This is a great breathing technique that helps with stress and worry, particularly if you struggle to sleep. Breathe in for a count of 4, hold the breath for a count of 7, then slowly part the lips and breathe out for a count of 8. Take your time, and allow the body to feel relaxed as you let go of the day. (Holding the breath is not recommended if you are pregnant.)



ACTIVITY

Let Your Worries Drift Away



Close your eyes, take a deep breath in and imagine filling a balloon with your worries. As you breathe out, imagine blowing it away from you up into the sky, releasing heavy thoughts on your heart and mind. You can also do this as a creative activity! Draw your worries in a balloon on a piece of paper. Breathe slowly and imagine your worries flowing away.

