

## "i am not alone"

MANTRA TO REMIND YOURSELF THAT YOU ARE IMPORTANT, YOU ARE ABLE, AND YOU WILL GET THROUGH WHAT BURDENS YOU.

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"I am here.  
Everything I need is within me.  
I am not alone."

(Deep breath in ~ "I am here." ~ Exhale  
Deep breath in ~ "Everything I need is within me." ~ Exhale  
Deep breath in ~ "I am not alone." ~ Exhale  
Repeat as many times as you need)



HERE

## MINDFUL EXERCISE "connection"

Let's connect to the world and ourselves! Think of one thing you can do today to feel connected to yourself, one thing you can do to feel connected to others, and one thing you can do to feel connected to the earth and its beings. You can write these down in a journal too to reflect on later, and/or discuss with your loved ones and little ones you support as a group activity.



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# 432 HZ MUSIC



## 432 Hz Music

Our team member Carole Westerman introduced 432 Hz music into some sessions, due to the relaxing effect it has on the mind and body. The youth participants love it, and always express how calm they feel after resting to the music. In fact, a scientific study stated: "It was concluded that 432 Hz music has some significant calming effect." You can easily find 432 Hz music on Spotify and YouTube.

Dubey P, Kumar Y, Singh R, Jha K, Kumar R. Effect of music of specific frequency upon the sleep architecture and electroencephalographic pattern of individuals with delayed sleep latency: A daytime nap study. J Family Med Prim Care. 2019 Dec 10;8(12):3915-3919. doi: 10.4103/jfmprc.jfmprc\_575\_19. PMID: 31879635; PMCID: PMC6924256.



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## MINDFUL ACTIVITY

### "5 things that are good about me"



Draw around your hand on a piece of paper and write down 5 things that are good about you (one for each finger). These could be words, sentences, or you can even draw pictures! This can be done as a family or in the classroom, and used as a discussion activity too. This activity helps with feelings of connectedness by sharing kind thoughts about each other.



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