



Mindfulness Techniques

Centennial Counselor TIPS:

Take Care of Yourself - Physically & Emotionally

Reach Out For Support

We Are Here for You

Self-Care ideas

MORNING:

- gratitude
- visualization
- coffee
- journal
- make up & hair
- dress well

DAILY:

- one task at a time (no multitasking)
- be mindful of what you are doing/try to enjoy the moments
- eat something healthy with each meal
- drink lots of water
- work out or stretch

NIGHTLY:

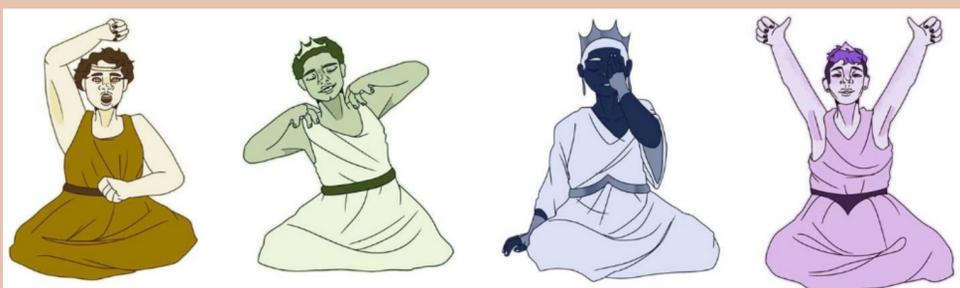
- shower
- skin care, comfy pjs
- get to bed early
- no screen time once in bed.
- gratitude for the 3 things
- visualize something you want

MOOD LIFTERS:

- stretching
- meditating : breathing in and out, while listening to a relaxing sound
- work out
- remember something you're grateful for

From: bit.ly/My_Self-Care

Interactive Breathing: bit.ly/GA_Breathe



Keep Calm, to Carry On:
blog.calm.com/take-a-deep-breath

30 Productive, Creative & Relaxing Ideas: bit.ly/Self-Care-Ideas

5 ★ 4 ★ 3 ★ 2 ★ 1

SLOW DOWN & CALM DOWN

FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can **SEE** 👁️👁️

4 List 4 things you can **FEEL** ✋

3 List 3 things you can **HEAR** 👂

2 List 2 things you can **SMELL** 👃

1 List something **positive** about yourself 😊

MAKE today COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺