
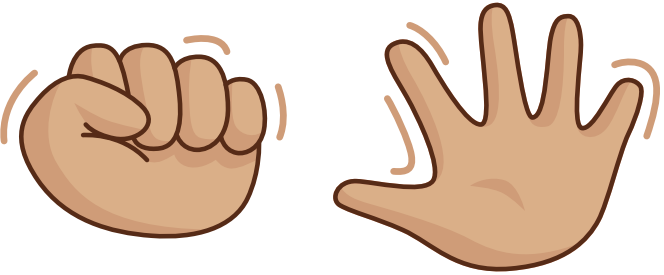


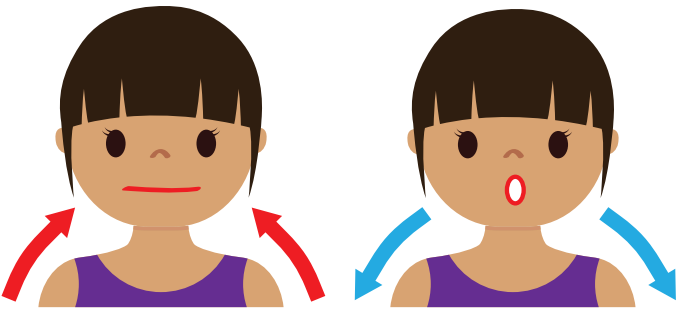


Wellness Practices

To Promote	Steps	Wellness Strategy
Focus/Calm	Direct your attention to the present moment. Focus on your breath. If your attention wanders, calmly bring your focus back without judgment.	 Mindfulness
Calm/De-escalation	Clench your fists tightly for 5 seconds. Then release your tension completely, relaxing your fists. Repeat with other muscles.	 Clench/Release Muscles
Calm/Energy/De-escalation	Say something positive to yourself or write it down. "By taking care of myself, I create calm."	 Positive Affirmations
Calm/Motivation/Energy	Picture yourself in a place that makes you happy. -Picture the colors, sounds.	 Visualization
De-escalation/Focus/Calm	Breathe in slowly through your nose for 6 seconds, hold for 3 seconds, slowly release through your mouth for 9 seconds.	 Breathing Strategy