

MENTAL WELLBEING SERIES

Regulate Your Emotional State



BODY SCAN

Scan your body for tense or tight areas.



BREATHE INTO THE GROUND

Visualize breathing deeply in and out of the ground.



VISUALIZE

Visualize your peaceful place.



5, 4, 3, 2, 1 SENSES

5 things you can see
4 things you can hear
3 things you can touch
2 things you can smell
1 thing you can taste



4-7-8 BREATHING

Breathe in through your nose for 4 seconds.
Hold in your breath for 7 seconds.
Then, slowly breathe out through your mouth with a gentle whooshing sound for 8 seconds.



SMALL & BIG BODY MOVEMENT

Tighten and shake:
Your right leg, your left leg, your right arm,
your left arm, the center of your body.



IMAGINE A SOUR TASTE

Imagine biting into and chewing a juicy, sour lemon wedge.