

Ways to help my body calm down

1. Chair pull ups

(put hands under your chair and pull up for 5 seconds then take a break. Repeat 3 times)



2. Wall push ups

(push against a wall as hard as you can for 5 seconds then take a break. Repeat 3 times)



3. Hands on head

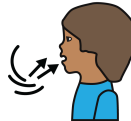
(put your hands on your head then stretch up and take a breath and put your hands down. Repeat 3 times)



4. Take three deep breaths

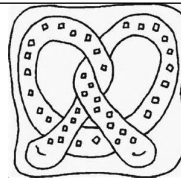
(in your nose and out your mouth)

Take deep breath



5. The Pretzel

(twist your arms and legs and breath)



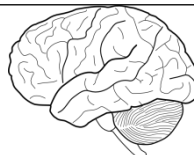
6. The Pressure Point

(Push your thumb into your palm and breath, then switch to the other hand)



7. Brain Break

(find a spot on the wall, stare at it for 20 seconds, take a breath then get back to work)



take a break



headphones

