

# BREATHE IN BREATHE OUT

For [1 minute focus](#) on just your breathing. You can breathe in peace and breathe out a smile

## FAMILY TIME

Read, play games,  
and stay  
CONNECTED



## Instantly Lighten your Load

It only takes a moment to  
RELAX



# Take a Mindful minute



## Mindfulness

[Practice guided meditation](#) with Davis Behavioral Health



# Be grateful

Touch each finger and think of 1 thing you are grateful for. Spend 10 seconds focusing on that before moving on to the next finger.

#DSDSELday March 26th