

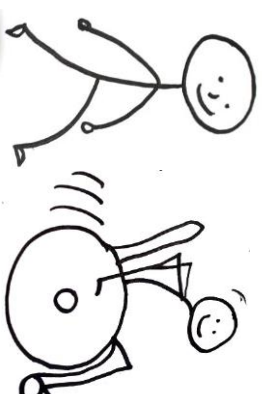
Đọc

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Uống Nước

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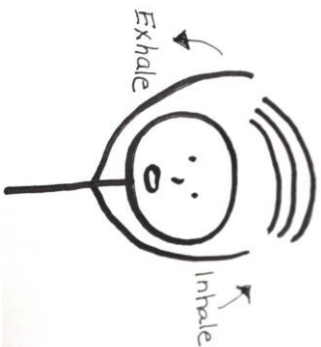
Đi Bộ / Lăn

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Màu sắc

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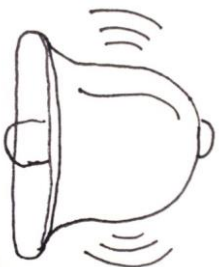
Thở Cầu Vòng

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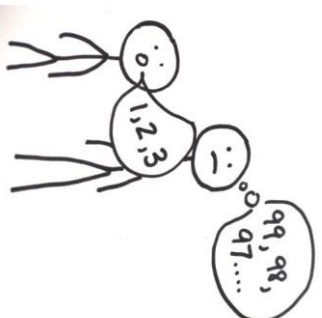
Lắng nghe âm nhạc

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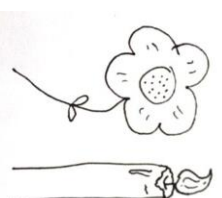
Lắng nghe tiếng chuông
rồi giờ tay của bạn lên nếu
bạn không nghe thấy

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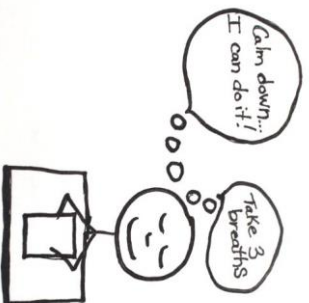
Đếm

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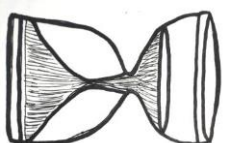
Thở hít
người hoa và thổi
tắt nến (đèn cây)

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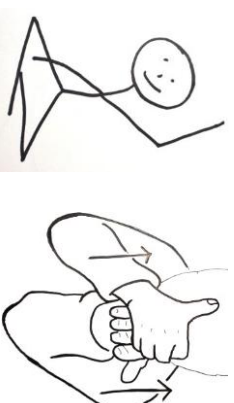
Tự Nói

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Nghỉ Chốc Lát

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Xin trợ giúp

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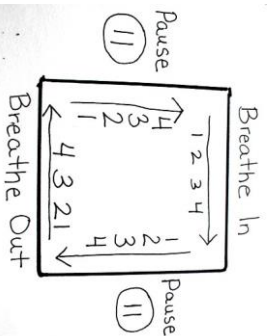


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Thở khung hình vuông



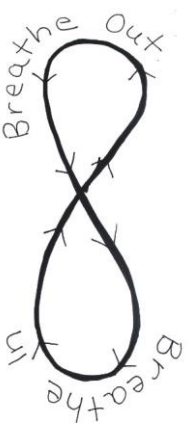
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Hình số 8 với Tay hoặc Chân



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Thở hình số 8



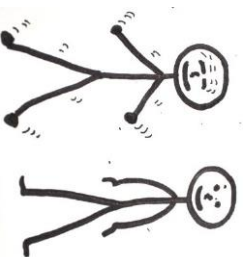
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Tìm màu sắc mà bạn ưa thích ở trong phòng



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Bóp Bật Thịt & Buông Thả Ra Từ Từ

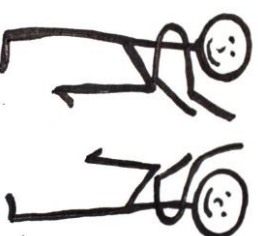


Rồi
thử
mỗi
bắp
thịt
một
lần

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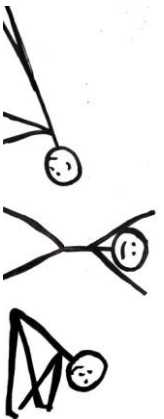
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Cúi người để khủy tay gần đầu gối



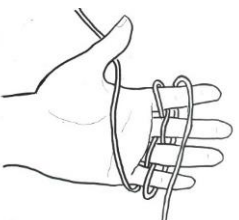
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Cử động toàn cơ thể



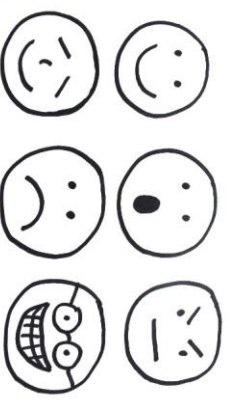
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Dan ngón tay



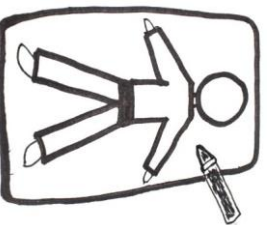
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Kê khai những cảm giác



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Những cảm giác của cơ thể được diễn tả qua màu sắc



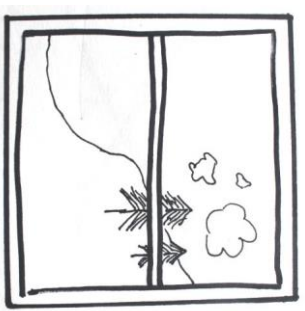
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Viết một ghi chú cho một người mà bạn đã quan tâm



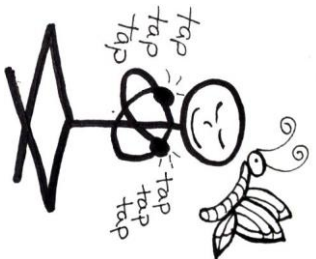
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Nhìn ra ngoài trời



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Vỗ cánh bướm



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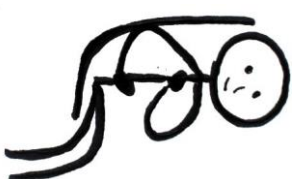
Vẽ



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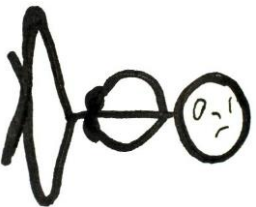
Thờ

Đề một tay
ở phía Tim
và một ở
phía Bụng



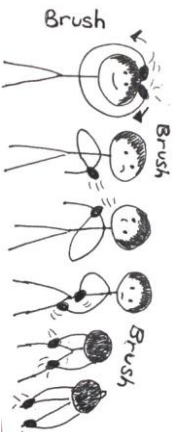
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Thờ - Cảm thấy ở
bụng của bạn



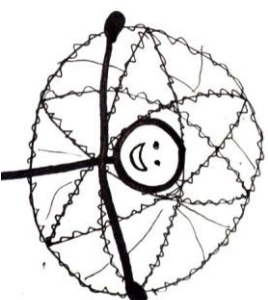
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Làm sạch căng
thẳng



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Quả cầu
Hoberman



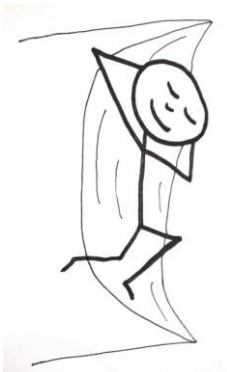
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Bò ngang đầu
gối tới khuỷu tay



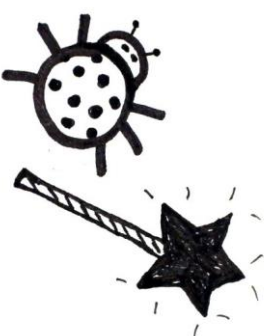
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Nằm xuống



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Phiền nhiều &
Ước muốn



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Làm một công việc tốt
trong lớp học của bạn



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Nghĩ về những nhánh cây
tới bầu trời. Thân cây
mạnh. Rễ bám dưới đất.



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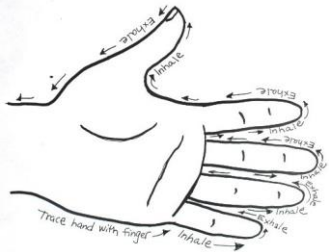


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Thở ngón tay



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Ông nghe choàng qua đầu (Headphones)



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Nhớ...
Thực hiện một phút để nhớ 3 thứ bạn nhìn, 3 thứ bạn nghe, và 3 cấu trúc bạn có thể chạm vào



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Banh giảm căng thẳng



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Tập trung ngón tay



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Ép hai lòng bàn tay với nhau. Tách rời ngón tay của từng cặp ngón tay mà không chuyển động những ngón tay khác. Bắt đầu thực hiện chậm. Rồi làm nhanh

Sử dụng khu vực tích cực để nghỉ ngơi



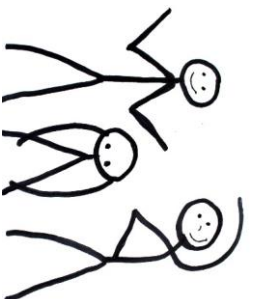
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Tưởng tượng một nơi thanh bình yên tĩnh



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Giãn



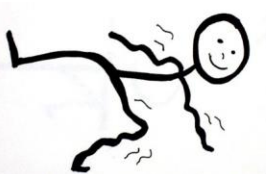
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Thở hít ly ca cao nóng (hoặc súp)



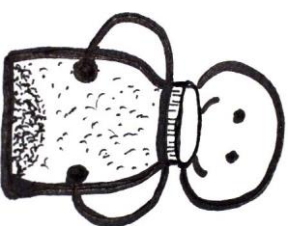
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Lắc cơ thể của bạn



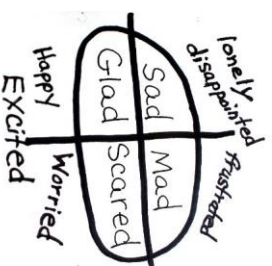
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Chai lấp lánh



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Kể tên cảm giác của bạn



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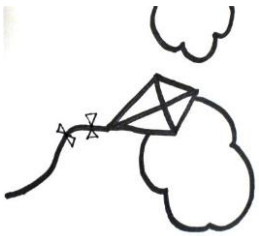


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Tưởng
tượng một
con điều bay



Hình
dung nó
trên bầu
trời. Từ
từ kéo
nó về

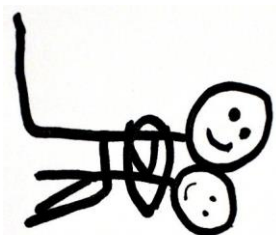
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Thay đổi khung cảnh
Nghĩ nơi ở một nơi khác biệt



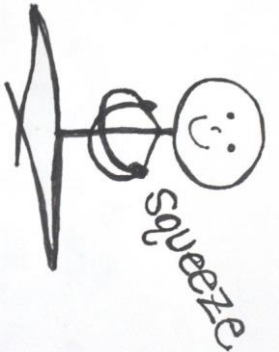
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Yêu cầu một cái
ôm (hug)



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Tự ôm mình
(self-hug)



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Làm một danh sách về
Quầy Nhiều & Ước
Muốn



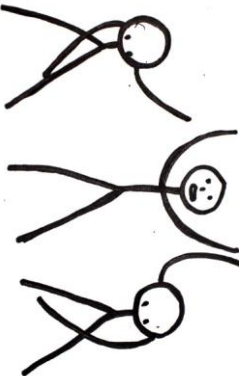
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Viết một thiệp cảm
ơn cho người đã
làm hài lòng bạn



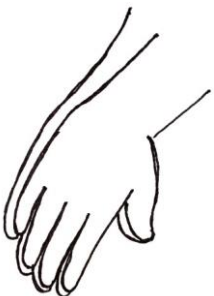
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Cối xay gió
(Windmills)



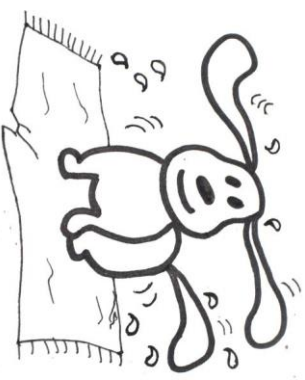
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Vỗ tay theo
nhịp



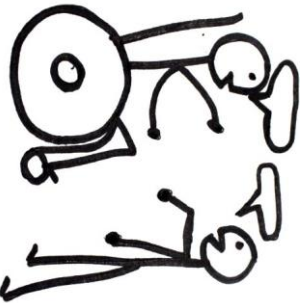
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Chó ưót lắc vẫy mình



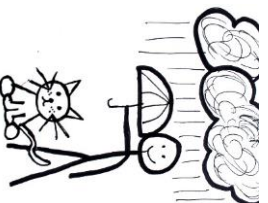
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Nói chuyện với ai
đó



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Hành động tự tế
ngẫu nhiên



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Thăng bằng bằng
một chân hoặc ấn
chân trên sàn nhà



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Tạo dựng cho
riêng bạn

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