

3 Breaths & 3 Wishes

We can all use a breather throughout the day—a way to **ground and reconnect** with ourselves and the people and places around us.

However, grounding and reconnecting to the present moment doesn't always have to be an hour-long yoga class or 20-minute meditation. **Sometimes all it takes is 30 seconds!** Use this quick pick-me-up throughout the day to ground, reconnect, refocus, and remind yourself what matters.



Materials

Your Lungs!

Creative Coping Card (CCC) optional

Group Leader Instructions

TRY IT YOURSELF: Go through the Individual Instructions first.

LEAD THE TROOPS: Lead the group through the steps (noting anything that helped you along the way). Then encourage them to use it whenever they need a pick-me-up.

Individual Instructions

TAKE A STEP BACK

If you catch yourself feeling overwhelmed, in your head, or funky, immediately stop what you're doing and take a step back. Then do the 3 Breaths & 3 Wishes. It only takes half a minute to find some calm.

1

BREATH 1 IS FOR YOU

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for yourself.

2

BREATH 2 IS FOR ANOTHER PERSON (FRIEND, FAMILY, PET, ETC.)

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for that person.

3

BREATH 3 IS FOR A COLLECTIVE, (FAMILY, CLASSROOM, COUNTRY ETC.)

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for the collective.

YOU'RE ALL DONE—CARRY ON!

3 breaths later and you're on your way! You've changed your brain. Feel free to repeat at any point in the day when you need to regroup. Share this practice with others! It works.

So What Then?

Imagining the worst of a situation is a survival mechanism—it's essentially our brains preparing us to handle the worst life has to throw at us. Instead of fighting your brain's ability think up the worst-case scenario, embrace it! It's much easier to handle negative thoughts when we allow ourselves to acknowledge them. Therefore, when you feel like you're spiraling, ask yourself "so what then?" 5 times to help rationalize the seemingly irrational. You can practice it here so you are ready when it happens in real life. :)



THOUGHT:

I'm going to fail my quiz.

SO WHAT THEN?

I'll have to study extra hard on the final.

SO WHAT THEN?

I'll probably have to pull an all-nighter.

SO WHAT THEN?

I won't be able to stay up.

SO WHAT THEN?

Maybe I'll ask my friend to come to the library with me. We'll bring study snacks.

SO WHAT THEN?

That could be fun.



So What Then?

Materials

A Friend or a Mirror (preferably a friend!)

This PDF

**Take as much time with it as you need! Try and see how many different solutions you can find.*

Group Leader Instructions

TRY IT YOURSELF: Go through the Individual Instructions first.

LEAD THE TROOPS: Lead the group through the steps (noting anything that helped you along the way). Then encourage them to use it whenever they feel weighed down by negative thoughts.

Individual Instructions

1

TAKE A STEP BACK

When you find your brain spiraling from a negative thought, take a moment to stop what you're doing and breathe (see Three Breaths & Three Wishes).

2

ACKNOWLEDGE

Acknowledge the negative thought. What is it? Is there a big test coming up? Is there a school dance or big game or play? Whatever it is, write it down and look at it, or say it out loud.

3

ASK "SO WHAT THEN?"

Once you've determined the negative thought, ask yourself "So What Then?" and allow yourself to actually come up with a realistic answer. Write it down or say it out loud. Look at/hear it objectively.

4

REPEAT X4

Repeat this process 4 more times. Doing so will help you rationalize those worst case scenario/slippery slope thoughts and regroup yourself.

The Goal The goal is to reach one of the following conclusions:

I'LL BE OKAY

i.e. the likelihood of what you're thinking about occurring or standing true is extremely low

I'LL LEARN SOMETHING

i.e. perhaps this will be hard, but there is something to learn and grow from

I BELIEVE IN MYSELF

i.e. it seems impossible right now, but I believe in myself, my abilities, and those of the people around me