



#BeFearless

We all feel fear and stress, but when it negatively affects eating and sleep habits, as well as relationships and daily function, fear and stress can turn into anxiety, depression, and harmful behaviors. In this article you will learn simple tips and tools to relieve stress and create success for yourself as well as support students in a practical way. But first let us address what has been going on in us and around the world lately because the first step to healing and freedom is awareness.

We all want to live life fearlessly and teach our youth to do the same. However, in uncertain times like these it can be difficult, especially for our youth. It's time to focus on our mental health & well being!



This starts by being aware of our stress, how it makes us feel and creating a healthy practice which is of utmost importance. **We cannot control what is going on around us, we can however choose how we react or respond to situations.**

Together we can Fear less and trust more.

How do we do this and teach our kids to do the same?

- Create a safe space and open dialogue with your kids. Let them speak their truth, express their fears, and listen, really listen before responding.

- Let them know that you hear them, you feel them and that you do not have all of the answers, but together you will get through this as a family.
- To stay connected as a family, take walks, eat meals together, play board games, cards, Heads Up (it is an app on your phone). Ohh! And America's Got Talent is a fun one to play (Just mimic what the show does, no supplies needed). The whole family can get creative by sharing their talents.
- Be informed but do not leave on news that promotes angst and division.
- Assure yourself and them that everything will be ok. Life may never return to what was "normal" but it can be even better than before if we take this unexpected, precious time for what it is; A true gift, to be together, to be grateful for all that we do have, to evaluate where we are in life and move forward in the direction we want to go.
- And finally, practice the Do Your **OmmWork** tips below to Relieve Stress and Create Success.

Try some of these practices below from the *Do Your OmmWork Guidebook*. These simple strategies can help you relieve anxiety and manage your stress. Learn for yourself, be Inspired, and Teach your kids, because there is no place like Omm... (Observing Mindful Meditation and Movement 😊)

Observation

Discuss and observe what fear and stress are, how to be aware of fear and how to feel grounded, supported, safe, and FEARLESS!

We feel grounded and supported when our basic needs are met, such as having food, a warm bed, and people who love and care for us. We can also feel safe and fear less when we are aware of our choices and how they make us feel.

Would you choose to hold on to fear or would you rather fear less, and trust that everything will be ok? It is your choice.

Mindful Breathing Technique

Catch and release breath

- Make tight fists, feel the tension and stress in your hands, bring your shoulders to your ears as you inhale deeply through your nose. (hold your breath for several seconds and think of what causes fear, anger, stress.)
- Open your mouth with a long exhale. HAhhhh Can you feel it? Notice how your fear and stress melts away. Repeat 1 - 3 times

*Remember, you cannot choose what is going on around you, however, you are always empowered with the choice to react or respond in a positive way. Be an exceptional choice maker!

Mindful Meditation

- Sit comfortably, close your eyes. Say out loud, "I am grounded, I am supported, I am safe, I am Fearless." Have participants repeat each one out loud. As you meditate for 2 minutes silently repeat the mantra "I am, I am, I am...." When ready, open eyes and continue to take a mindful breath throughout the day and say, "I am Fearless."
- As you go throughout your day fearlessly, you can tap into infinite creativity and endless possibilities!

Movement

Try these 3 Omm Poses to help you feel grounded, supported, and safe.

1. Tree
2. Lotus
3. Savasana

Check out our Be **FEARLESS** Zen in Ten practice on YouTube! [Pre K-6](#) and a [Teens](#) version. Pick the age appropriate experience for you.

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* OmmWorks supports all physical and mental abilities.

