



MR. BECHTOLD'S VIRTUAL OFFICE



[SCHEDULE AN
APPOINTMENT](#)

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HERE](#)

Click on the
words & pictures
for more
information!

What is SAP?

Student Assistance Program (SAP)

Please click here to report concerns you may have for a student at school. Our SAP team is here to help!



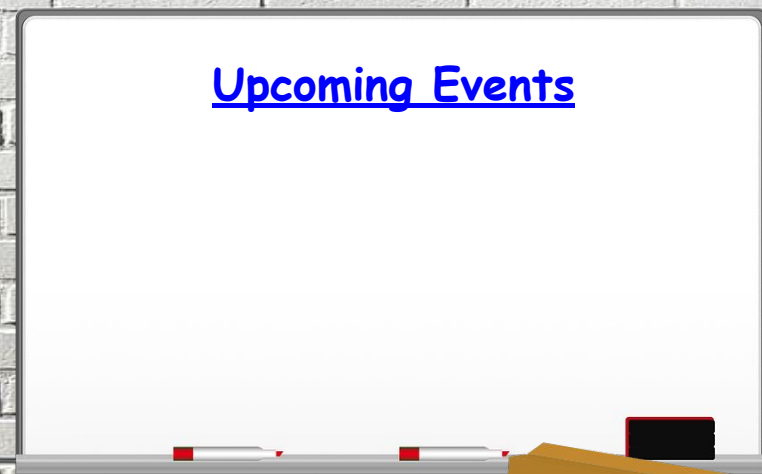
CLICK
HERE

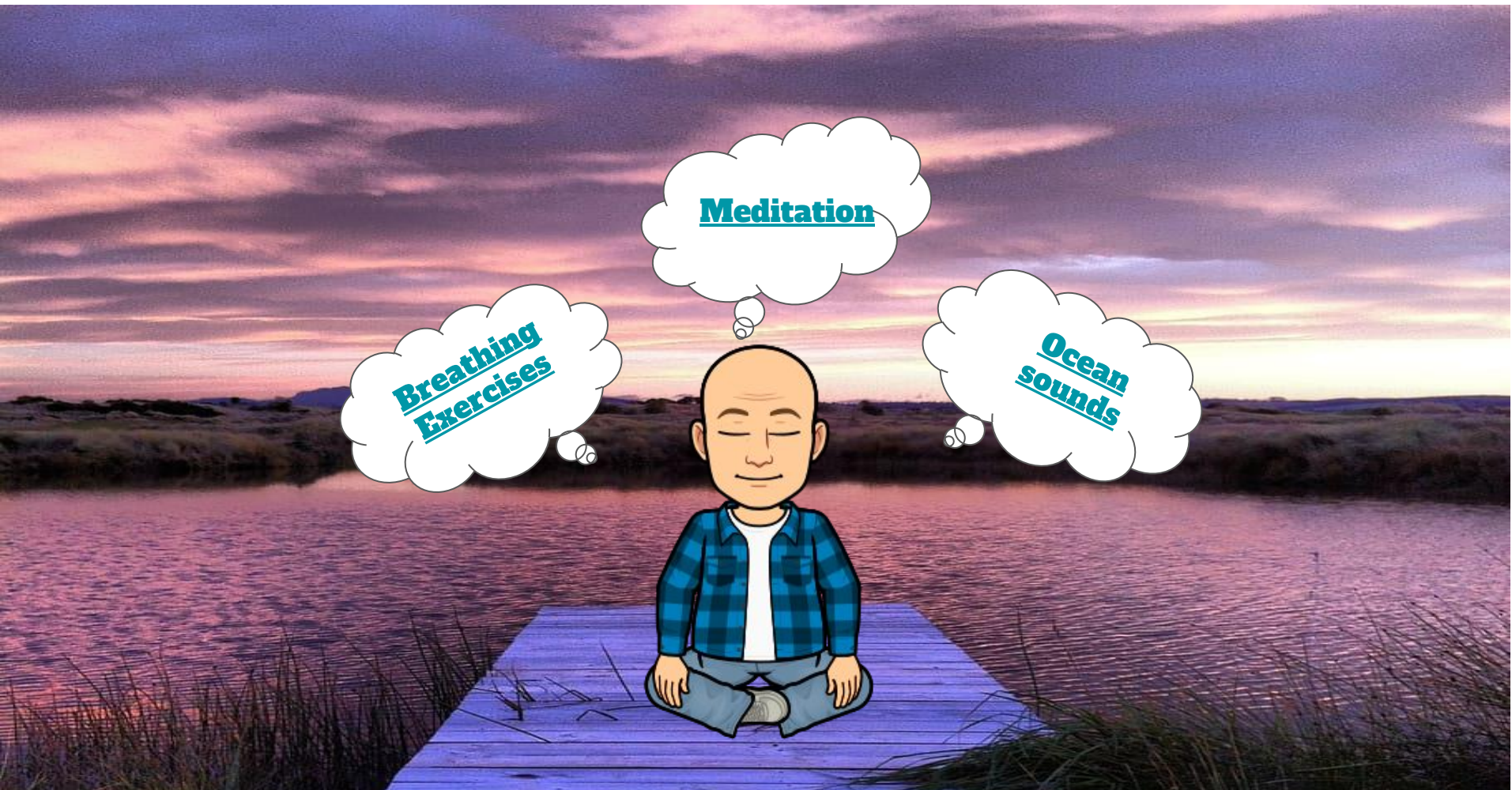
CLICK
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Study Skills

CLICK
HERE







Meditation

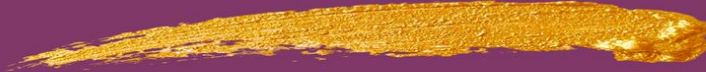
**Breathing
Exercises**

**Ocean
sounds**



Grounding Technique

This can be done anytime you are anxious to focus your mind back to the present



5 Things you can see
4 Things you can feel
3 Things you can hear
2 Things you can smell
1 Thing you can taste



This is a great way to reduce your anxiety and slow down your mind!