




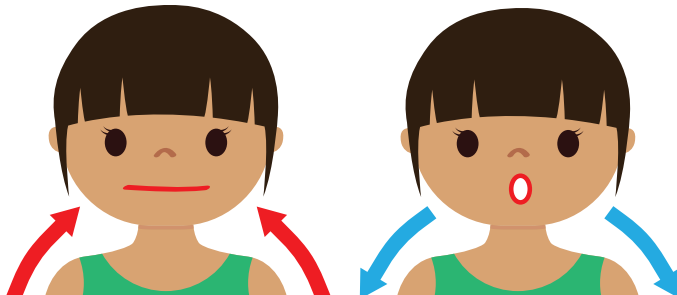


# Wellness Practices

To Promote	Steps	Wellness Strategy
<b>Focus/Calm</b>	Direct your attention to the present moment. Focus on your breath. If your attention wanders, calmly bring your focus back without judgment.	 <b>Mindfulness</b>
<b>Calm/De-escalation</b>	Clench your fists tightly for 5 seconds. Then release your tension completely, relaxing your fists. Repeat with other muscles.	 <b>Clench/Release Muscles</b>
<b>Energy/Calm</b>	Without disturbing others, do 5-10 jumping jacks.	 <b>Jumping Jacks</b>
<b>Calm/Focus/Energy</b>	Arms up in the air, stretching side to side. Touch toes then reach for the sky.	 <b>Stretching</b>
<b>Energy/Calm</b>	Without disturbing others, run in place for 10-15 seconds.	 <b>Running in Place</b>
<b>De-escalation/Focus/Calm</b>	Breathe in slowly through your nose for 3 seconds, hold for 3 seconds, slowly release through your mouth for 6 seconds.	 <b>Breathing Strategy</b>