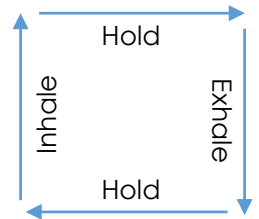


FIVE to THRIVE

During times of uncertainty or high stress, we sometimes become overwhelmed with fear and anxiety. Here are five things you can do to “reboot” your brain and reset your perspective.

1

Square Breathing: Practice deep belly breaths while envisioning a square: Inhale for 4 seconds; Hold your breath for 4 seconds; Exhale for 4 seconds; Hold for 4 seconds. Continue for 10 cycles of this breathing exercise. TIP: Sometimes it helps to picture a balloon inflating and deflating.



2

Mindful Awareness: Using your senses, notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.



Sight



Hearing



Touch



Smell



Taste

3

Express Gratitude: Write down what you're thankful for (seriously, write it down – it will be more impactful than just thinking it, speaking it, or even typing it). Here are some prompts to get you thinking:

- Someone helped me this past week by....
- Something that used to be hard, that I've worked hard to improve at is....
- The personality trait I'm most proud of is....
- The things or people I can always count on to make me laugh are....
- Something I have, that I sometimes take for granted is....

4

Get Outside: Even if just briefly, go for a walk or bike ride and enjoy the sunshine.



5

Take a Break from Social Media: Do things that make you forget to check your phone.

