

Things To Do When You Take A Break

TAKE DEEP BREATHS



1. Blow out
2. Breath air in through your nose and fill up your chest
3. Hold it
4. Breath out through your mouth... all the way
5. Breath in again

SQUEEZE A LEMON:



1. Sit up
2. Close your eyes
3. Imagine that your holding a lemon in each hand
4. Now squeeze all of the juice out of the lemons
5. Squeeze, squeeze, squeeze
6. Let go, open your hands nice and big
7. Take a deep breath
8. Get two new lemons and squeeze again

TAKE A VACATION:



1. Close your eyes
2. Think of somewhere you want to be (the beach, a lake, the mountains, the moon)
3. Tell yourself what you see
4. Ask yourself how you feel
5. Tell yourself that you are calm and safe
6. Take a deep breath
7. Slowly count to 3
8. Now open your eyes

COUNT TO 10



1. Close your eyes and say:
2. One; take a breath
3. Two; take a breath
4. Three; take a breath
5. Four; think about a blue sky
6. Five; think about your favorite thing (golf, time with a friend, sledding)
7. Six; think about how you feel when you are there (golfing, sledding, etc...)
8. Seven; take a breath
9. Eight; take a breath
10. Nine; Take a breath
11. Ten; open your eyes