

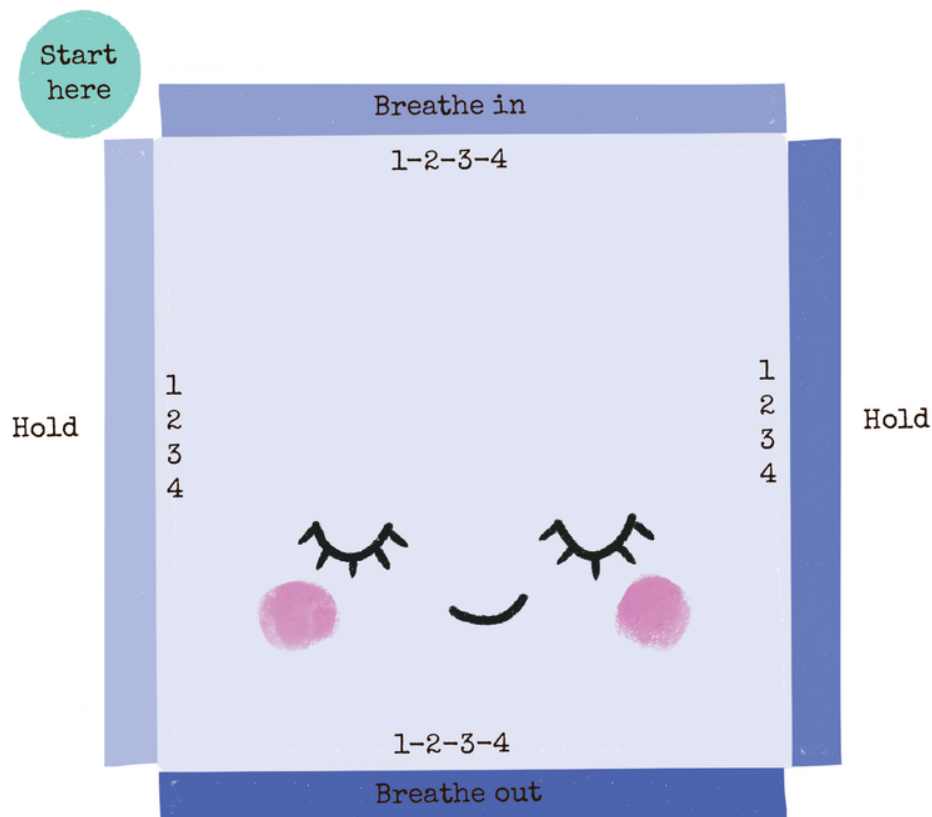
# Box Breathing

Try turning ordinary tasks into mindfulness activities by simply drawing attention to the present moment, your breath, and the task at hand.



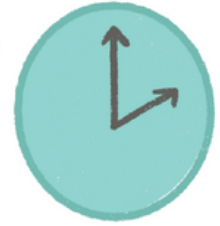
To perform the below box breathing activity, find a comfortable seated position and then follow the steps:

1. Find one corner of the square.
2. Trace your finger along the side of the square to the next corner while **breathing in** for 4 seconds.
3. Trace your finger along the side of the square to the next corner while **holding your breath** for 4 seconds.
4. Trace your finger along the side of the square to the next corner while **breathing out** for 4 seconds.
5. Trace your finger along the side of the square to the next corner while **holding your breath** for 4 seconds.
6. Repeat for 2-5 minutes.



Don't forget to use belly breathing (diaphragmatic breathing) when completing this activity!

# In This Moment



Fill in the blank with the corresponding word to complete the script.

In this moment, I am grateful for \_\_\_\_\_. I send them happiness  
(person)  
and gratitude. I am grateful they have been/are a part of my life.



In this moment, I am slightly frustrated with \_\_\_\_\_. Although  
(person)

I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this person, and that maybe I can learn something from this feeling and from this relationship with them.



In this moment, I am grateful for \_\_\_\_\_.  
(place, pet, event, thing)



I am grateful that this thing is a part of my life.

In this moment, I am slightly frustrated with \_\_\_\_\_.  
(place, pet, event, thing)

Although I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this thing, and that maybe I can learn something from this feeling and from this thing.

In this moment, I am grateful for \_\_\_\_\_.  
(an accomplishment you have completed)

I am grateful for this accomplishment, and I am proud of myself for this accomplishment.

In this moment, I am frustrated with and grateful for the journey it has taken me to reach \_\_\_\_\_. I will continue the  
(an accomplishment you have yet to reach)

journey to reach this accomplishment and I am proud of all the work I have done to get me to this point.



*I am reminded to take time to remember the people, the things, and the accomplishments that are in my life and express gratitude to them.*

*I am reminded to take time to remember the frustration from people, things, and accomplishments that are in my life and express gratitude to them, the journey, or learning opportunities they bring.*

# the Power of 5

Take a moment to pause, re-center, and remind yourself of who you are and what matters to you. Caring for ourselves means giving ourselves credit for how truly amazing we are while at the same time setting goals for future growth. List your five for each category below.



5 things you are grateful for in the past 24 hours

- #1
- #2
- #3
- #4
- #5



5 things you love about yourself

- #1
- #2
- #3
- #4
- #5



5 ways you care for your mind, body, or spirit

- #1
- #2
- #3
- #4
- #5

5 ways you care for others  
(i.e. students, family, friends, pets,  
co-workers, the community, etc.)

- #1
- #2
- #3
- #4
- #5



5 ideas for taking better care of yourself during the next year

- #1
- #2
- #3
- #4
- #5

