STOP!

BREATHE

5 things you can see
4 things you can hear
3 things you can touch
2 things you can smell
1 thing you can taste

BREATHE DEEPLY

You are not alone!
Reach Out, Connect, Get Help

NAMI
Ending the Silence
take a deep breath
go for a walk
play with a pet
color or paint
hang with a friend
call/text/zoom with a friend
watch a movie/tv show
take a long, hot bath
draw/doodle
exercise/play sports
dance
go to the park
listen to music
journal/write poetry
volunteer
play team video games
meditate
give someone a hug
play with playdoh or silly putty