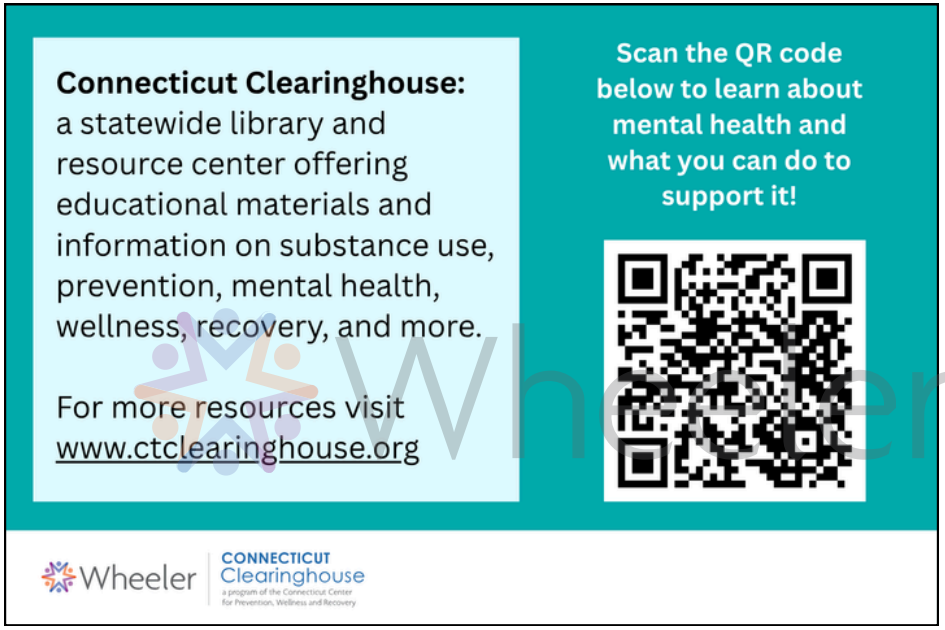
Front Of Card Box



Back Of Card Box



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Card 1 - Front

Three Deep Breaths

Close your eyes. Take three deep breaths, inhaling slowly through your nose, and exhaling slowly through your mouth each time.

Imagine your fears and worries floating away with your breath.

Card 2 - Front

Mental Sanctuary

Use your imagination to picture a safe, peaceful place, like a quiet beach or sunny garden. Close your eyes and let yourself fully settle into that space. Imagine how it smells, feels, sounds, etc.

Return to this place in moments of stress.

Card 1 - Back

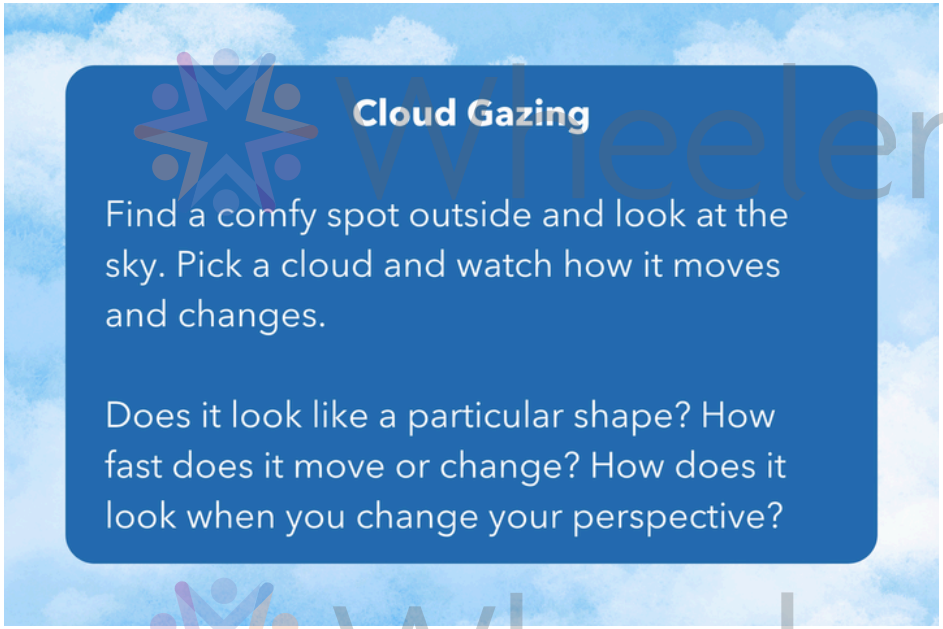


Card 2 - Back



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Card 3 - Front



Card 4 - Front



Card 3 - Back



Card 4 - Back



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Card 5 - Front

Tea Time

Pick out a tea to make and think carefully how it resonates with your mood.

Then, sit down with your tea and try to engage as many senses as you can. Is it warm? Does it smell or taste how you expected?

Card 6 - Front

What Makes You Proud

Spend one minute writing down all the things that you like about yourself and what you are proud of.

Keep this list and reflect on it in times of self-doubt.

Card 5 - Back



Card 6 - Back



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Card 7 - Front

Mindful Listening

Sit comfortably and close your eyes. Pick out three sounds you hear around you. What are they? Have you noticed them before? How do they make you feel?

Card 8 - Front

Body Scan

Find somewhere to lay or sit comfortably.

Slowly move your attention through your body. Start at your feet and move all the way up to your head. Focus on any feelings of tension, and release them.

Card 7 - Back



Card 8 - Back



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Card 9 - Front

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Five Senses Excerise

Notice your surroundings and name the following:

5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste

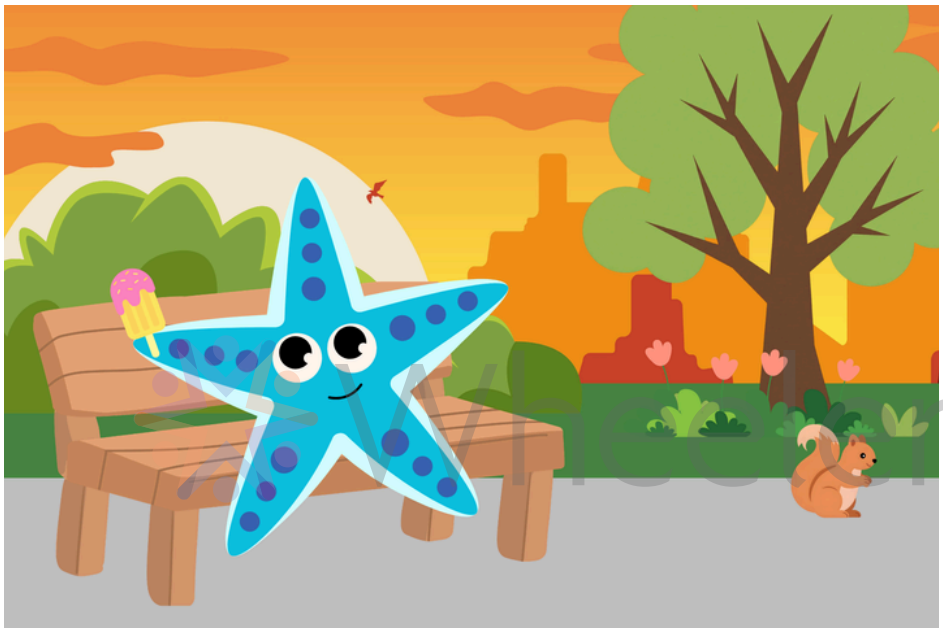
Card 10 - Front

Ground Yourself

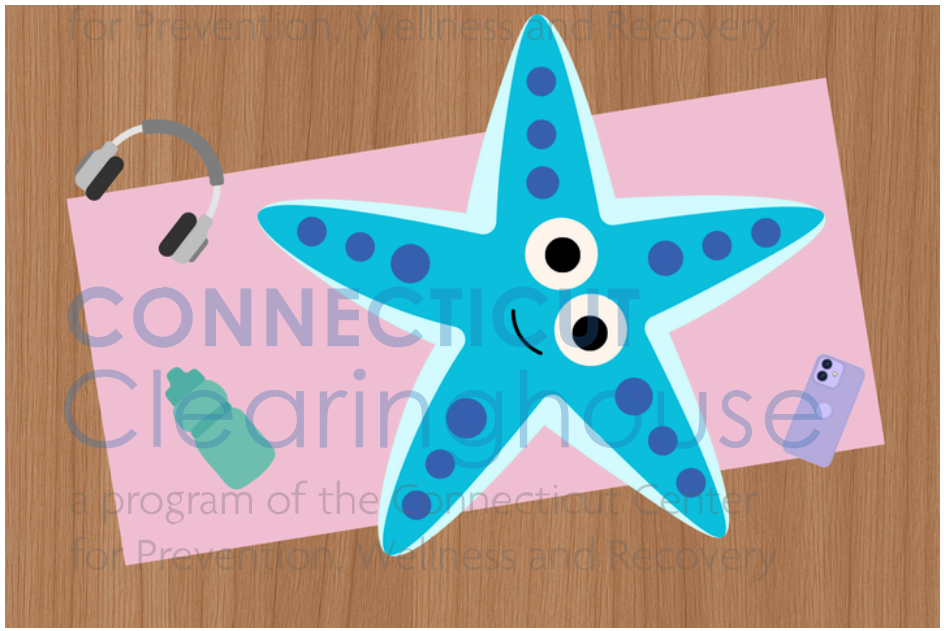
Find a quiet place where you can sit or lie down comfortably. Take slow, deep breaths. Close your eyes if you want to.

Try to clear your mind and focus only on the sensation of gravity supporting and grounding your body to the earth.

Card 9 - Back



Card 10 - Back



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Card 11 - Front

Rainbow Walk

Take a walk outside and keep walking until you find one thing for each color of the rainbow.

Take a mental picture of all the colors you encounter.

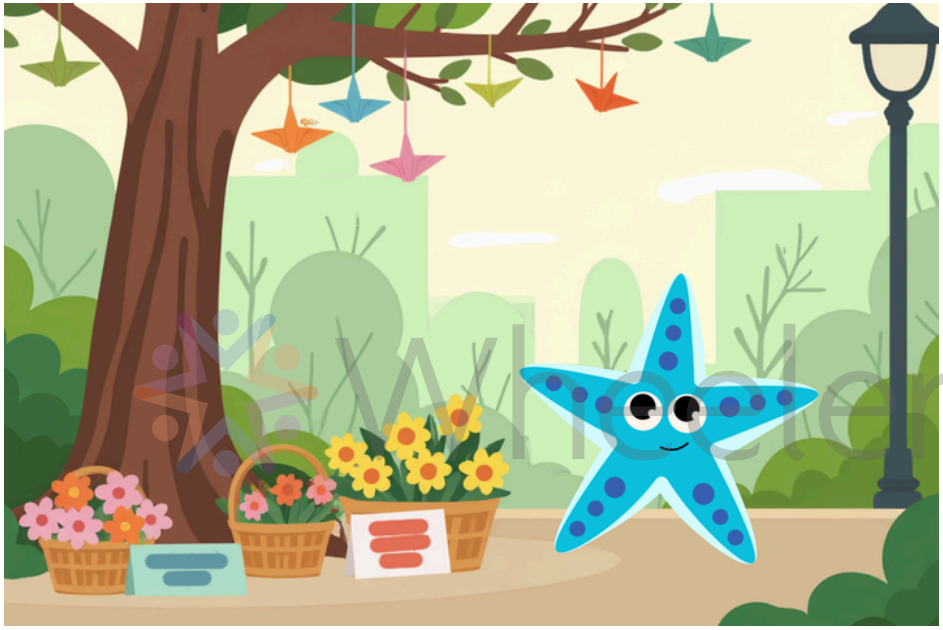
Card 12 - Front

Leaves on a Stream

Sit in a comfortable position, and close your eyes. Imagine yourself sitting by a stream with leaves floating along the surface of the water. Take each thought that enters your mind, and place them on a leaf... watch it float away.

Allow your thoughts to come and go at their own pace. Do this for about 5 minutes.

Card 11 - Back



Card 12 - Back

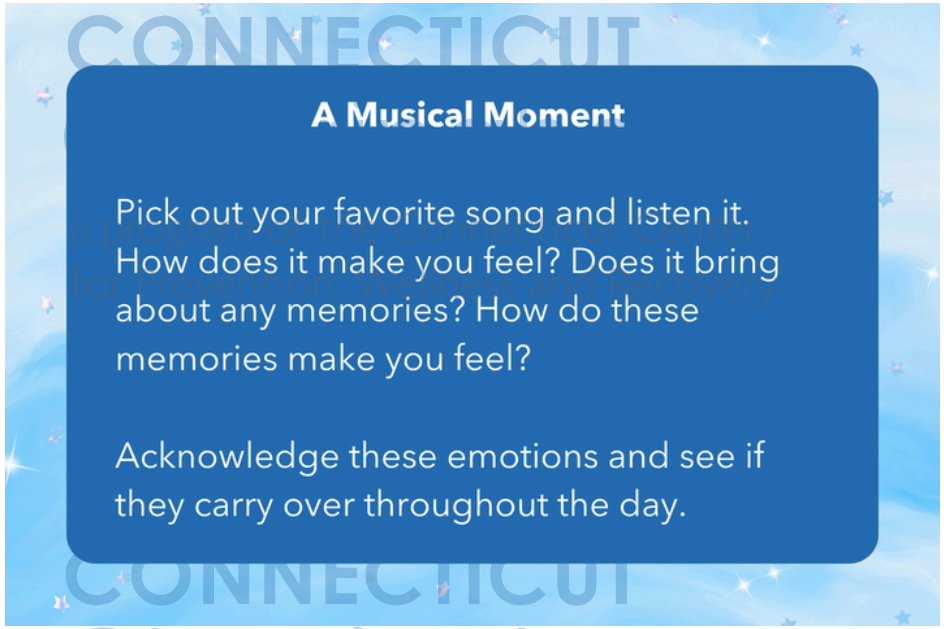


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Card 13 - Front



Card 14 - Front



Card 13 - Back



Card 14 - Back



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Card 15 - Front

Box Breathing Exercise

1. Sit comfortably with your feet flat on the ground.
2. Exhale through your mouth, releasing all the air from your lungs for 4 seconds.
3. Hold your breath for 4 seconds.
4. Inhale deeply through your nose for 4 seconds.
5. Hold your breath for 4 seconds.
6. Repeat.

Card 16 - Front

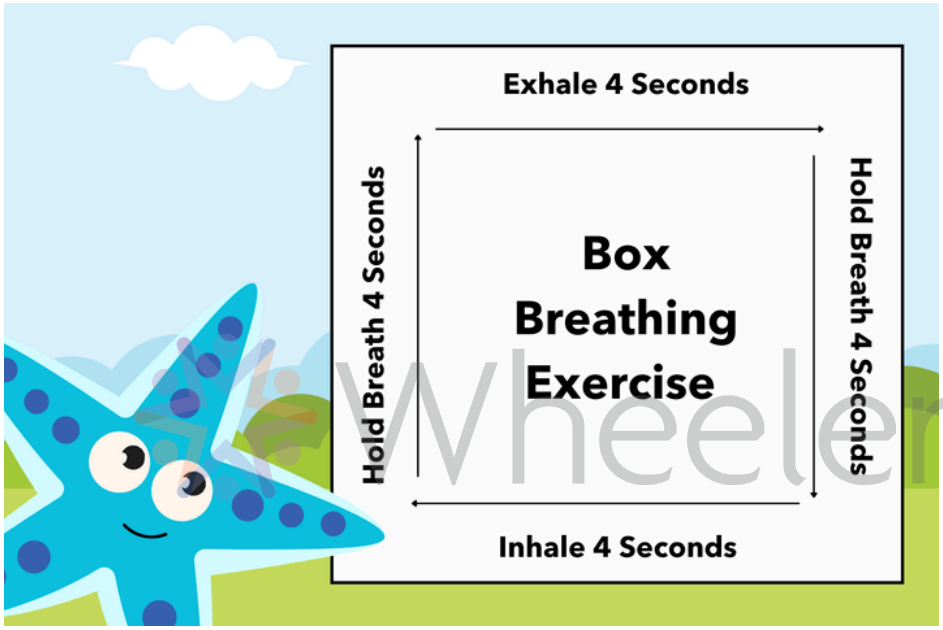
Mindful Eating

Focus on the food you're eating. Notice its color, size, shape, and smell.

Take a bite and chew slowly. Pay attention to the flavor and how it makes you feel. Notice the texture. Is it juicy, smooth, crunchy, or soft?

Take a moment to be thankful for your food and the people who helped bring it to you.

Card 15 - Back



Card 16 - Back



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Card 17 - Front

Loving-Kindness Meditation

Find a comfortable place to sit or lie down. Take a few deep breaths to relax and focus. Be kind to yourself. Start by thinking of a quality you like about yourself.

Say to yourself: "May I be happy. May I be healthy. May I be strong."

Now think of someone else and repeat: "May you be happy. May you be healthy. May you be strong."

Expand this feeling to others, including strangers, animals, and the Earth.

Card 18 - Front

RAIN Framework

When you feel overwhelmed, use these four steps to ease self-doubt:

Recognize: Notice what is happening. Acknowledge your thoughts, feelings, and sensations.

Allow: Let the experience be as it is. Pause and give it space.

Investigate: Ask yourself what is going on inside. What do you need right now? What is causing these feelings?

Nurture: Respond with care and compassion until you feel more calm and centered.

Card 17 - Back



Card 18 - Back



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Card 19 - Front



Reference Card - Front



Card 19 - Back



Reference Card - Back



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