
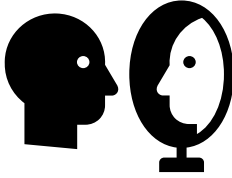





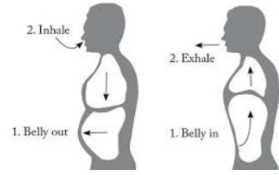
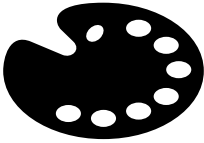









Mind|Body Strategies

Cooling Off	Walk Away Distance	Generic "You" 2nd & 3rd Person	Sensory Engagement	Cold Water
				
	Aerobic Activity	Shake it Off Dance	Gratitude Journal Dump Pad	Diaphragmatic Box Breathing
				
Self Regulate	Draw Paint Puzzle	Progressive Muscle Relaxation	Mindfulness 60 Sec. Body Scan	Music Binaural Beats
				
	Nature Green Space	Humming Singing Chanting	Invisible Support Help Others	Focus On Task Chores
				
Relaxation	Thinking	Doing	Spiritual	Feeling
	Read A Book Play A Memory Game Use Math & Numbers Memorize Recite Something Name The Emotion Experience	Visualization Guided Imagery Tai Chi Qigong Yoga Create a "Busy Box" Walk A Labyrinth New Path Foam Roller Stretch Body	Identify Witness Something of AWE Practice A Ritual Routine Hold a Lucky Comforting Charm Pray Worship Motivational Meditate Mindfulness Be Still	Feel Rub a Tactile Object Pulsing Hot/Cold Shower Pull On a Rubber Band Massage Acupuncture Craniosacral Stand Bare Foot Water Sand Dirt Turf