

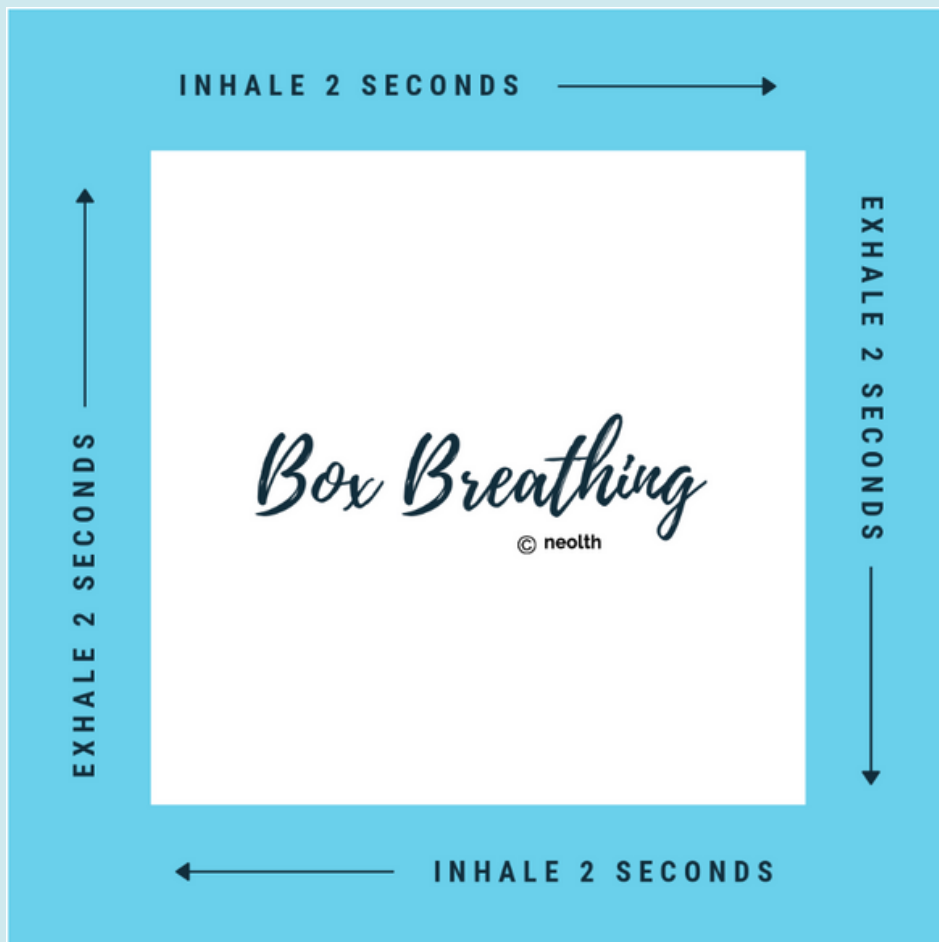
Reduce Stress & Burnout

3 DAILY HABITS IN UNDER 5 MINUTES



1

Box Breathing with Hold



This breathing technique can be done **anytime, anywhere.**

As you prepare to enter a new situation, destress from a difficult interaction, or reset during a transition in your day, box breathing helps to reduce stress.

2



Scribble Drawing

By creating a scribble drawing, we learn to make marks on the paper that express our emotions without worrying about the appearance of our work.

Grab a piece of paper and a writing utensil and follow these 4 easy steps!

ONE

Identify how you feel in the present moment.

Take a few moments to close your eyes and breath deeply, noticing your current state of mind.

TWO

Make scribbles to express your emotions.

The marks don't need to create an image, just make marks that feel natural based on how you are feeling.

You may make hard, sharp fast marks if you are angry; or light, circular marks if you are happy.

THREE

Try closing your eyes.

This helps you be more focused on expressing your emotion than the visual outcome. Take your time and enjoy the process!

FOUR

Look at your drawing and reflect.

How would you describe your marks?

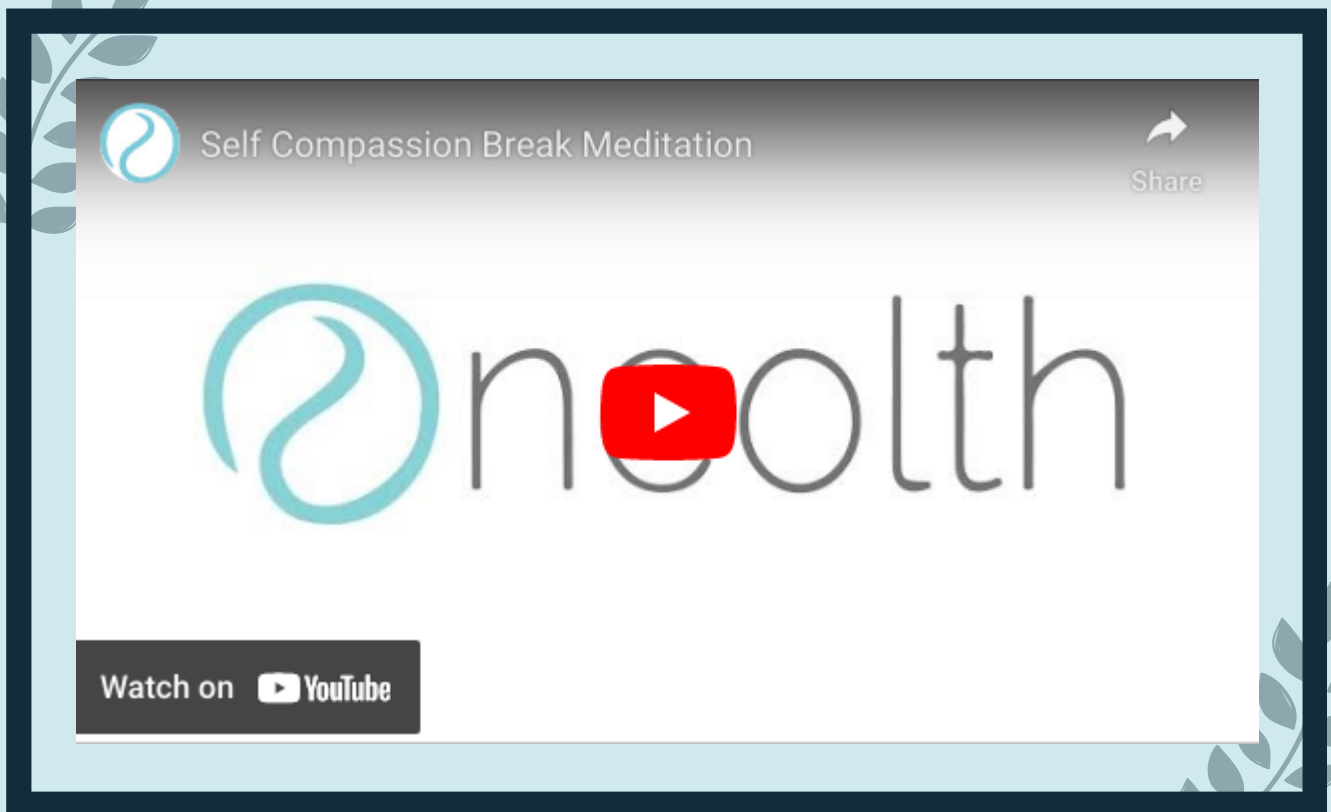
What colors, patterns or images do you see? What emotions are related to these marks you made? After completing this exercise, do you feel any different?

Knowing that by completing a scribble drawing, you can release some of your strong emotions so they are less intense.

3

Self-Compassion Meditation

Listen to this 5 minute meditation that helps you focus your energy on the good that you are and do every day.



Ease negative thoughts.