



YO, STOP! REGULATE and LISTEN!

<p>Stop. Breathe. Focus. Tell your body to STOP. Tilt your head back slightly and take a breath. Let it out slowly. Blink your eyes open and close. Tell your brain to REFOCUS!</p>	<p>Breathe and Affirm Breathe in deeply. As you breathe out, say an affirmation to yourself. I am confident. I am worthy. I am loved.</p>
<p>Breathe and Redirect Take a deep breath in. Hold it for a count of three. Tell your brain "Now I will _____," as you let it out slowly.</p>	<p>Tap and Breathe Gently tap the inside of your wrist in a rhythmic pattern as you breathe deeply in and out.</p>