

**Take Five Minutes–
10 quick and easy stress management tools**

1. I spy with my mindful eye –mindfulness activity
2. Pigs fly –mindfulness activity
3. Stop drop and be calm --stress regulation activity
4. If my _____ could talk, it would say—resilience activity
5. I am I can I will-- affirmation activity
6. Hit the pause button --cognitive restructuring activity
7. My name is --breathing activity
8. Laser scan –relaxation activity
9. Diamond breath --qi qong activity
10. Ball of warmth—relaxation activity

From:

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