Breathe – Move – Focus – Relax

Breathing, mindfulness, and movement practices can support the development of teens in restoring emotional balance. We are all doing the best we can while trying to maintain our best selves, and taking even a few minutes to nurture our activated systems during these times of high stress can be just what we need to make sense of what we are experiencing.

Sample activities are provided below to offer different options to enhance focus and well-being while addressing dysregulation in our bodies.

- **Breathing** is a powerful tool for self-regulation and can help with reducing anxiety, stabilizing energy, and creating a sense of safety in the body.
- **Moving** your body helps maintain a state of alert engagement and fosters energy.
- **Focusing** activities helps pave the way for progressive improvement of practices and experiences of success.
- **Relaxing** activities help us to feel rejuvenated during challenging times when we may feel exhausted and unable to pay attention.

Below are a few resources to help you and your family practice *Breathing-Moving-Focusing-and Relaxing* to help fortify your bodies and minds as we continue to encounter stressful and painful world events.

**5 Minute Mindful Breathing** by Greater Good in Action (a way to build resilience to stress, anxiety, and anger). This site offers why and how to mindfully breathe along with guided audio to support practice.

**Digital Wellness Break - 1 minute Constructive Breath Video** (releases tension in neck and lower face; helps calm mind)

**Digital Wellness Break - 1 minute Standing Forward Fold** (releases tension in back, shoulders, neck and face; helps relieve symptoms of stress):

**5-4-3-2-1 Coping Technique Using Your 5 Senses** A five-step exercise can be helpful during periods of anxiety or panic by helping to ground you in the present when your mind is bouncing around with anxious thoughts.

**9 minute Gentle Practice for Opening Up to Painful Emotions** guided by Rhonda Magee, is a guided practice to help when feeling reactive to the events of our communities and world and when you are seeking calm and compassion.

**12 minute Guided Mindful Practice for Emotional Resilience** Scott Rogers leads us in this guided practice with the metaphor of a hurricane to help us recognize the qualities and the impermanence of even our stormiest emotions.

**Guided Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA** ([uclahealth.org](http://uclahealth.org)) Audio links ranging from 3-19 minutes (8 options in English, 4 in Spanish) guide you with mindfulness and help to restore calm.

We hope you and your family will find a practice or activity that brings you calm and guides you compassionately through the ongoing stress, fear, and confusion of these past weeks and ongoing events.

In care, Lynn Heramis and Erin North