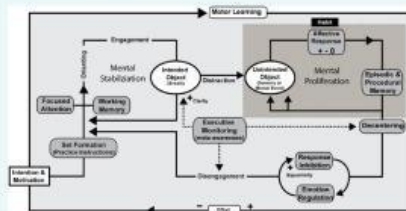


Name: _____ **number** _____

Stress Management

Deep Breathing: Box Method Meditation Guide

1. Breathe in for 4 seconds.
2. Hold your breath for 4 seconds.
3. Breathe out for 4 seconds.
4. Hold your breath for 4 seconds.



Caption: Focused Attention Meditation Diagram

Journal Prompt for Self-Reflection

What is something weighing on your mind today? Describe it below.

Screen Time Management

Activity	Time Spent	How I Felt

Alternative Activity Suggestions

- Go for a walk or bike ride
- Read a chapter in a book
- Draw, paint, or sketch
- Listen to a podcast or music
- Tidy up your space
- Chat with family or friends
- Stretch or do some yoga

Emotional Awareness

Identify Your Emotions:

How are you feeling right now?

Positive Self-Talk Examples

Instead of: "I can't do this."

Try: "I can try my best."

Instead of: "I made a mistake."

Try: "Mistakes help me learn."

Gratitude Practice:

List 3 things you are grateful for.

- 1.
- 2.
- 3.

Putting It All Together

My Personalized Daily Wellness Routine

Physical Activity:

Nutrition:

Mental Health Practices:

Healthy Habits:

Weekly Wellness Challenge Tracker

Goal / Challenge

M T W Th F Sa Su

Reflection Questions

What wellness strategy worked best for you this week? Why?

What is one area you want to focus on for continued growth?

Resources for Additional Support

Remember, you're not alone on your wellness journey. Reach out if you need support.

- School Counseling Services
- Community Wellness Programs