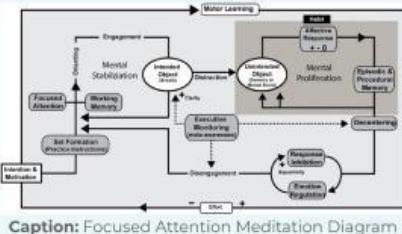


Name: \_\_\_\_\_ number \_\_\_\_\_

## 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