



Drink a whole glass of water. Notice the water running down your throat and into your stomach. What changes inside your body?



Focus on your ears and try to catch the sound of everything you hear around you. Take your time to listen carefully.



Find things that are pleasant to touch. Take time to notice how they feel. Describe to yourself

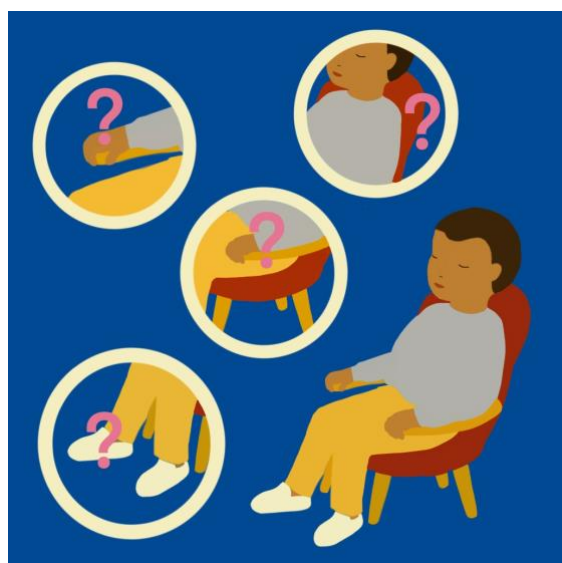


Use all of your strength to press against a wall, or the hands of someone you trust. Notice how strong you are! When you release, what changes inside your body?

FIRST AID
PUT THE BRAKES ON STRESS.
WHAT WORKS FOR YOU?



Walk as fast or slow as you like. Notice how your feet meet the ground with each step. Then count down from 20 as you walk. What changes on the inside?



Take a moment to notice how your body connects with the ground, a chair or anything you can touch. Keep your attention there for as long as you like.



Count to 9 as you breathe deeply.

- Breathe in until 3
- Hold your breath until 6
- Breathe out until 9.

Repeat as often as you like.



Choose a color and search for everything around you that has that color. How do your eyes feel afterwards?



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