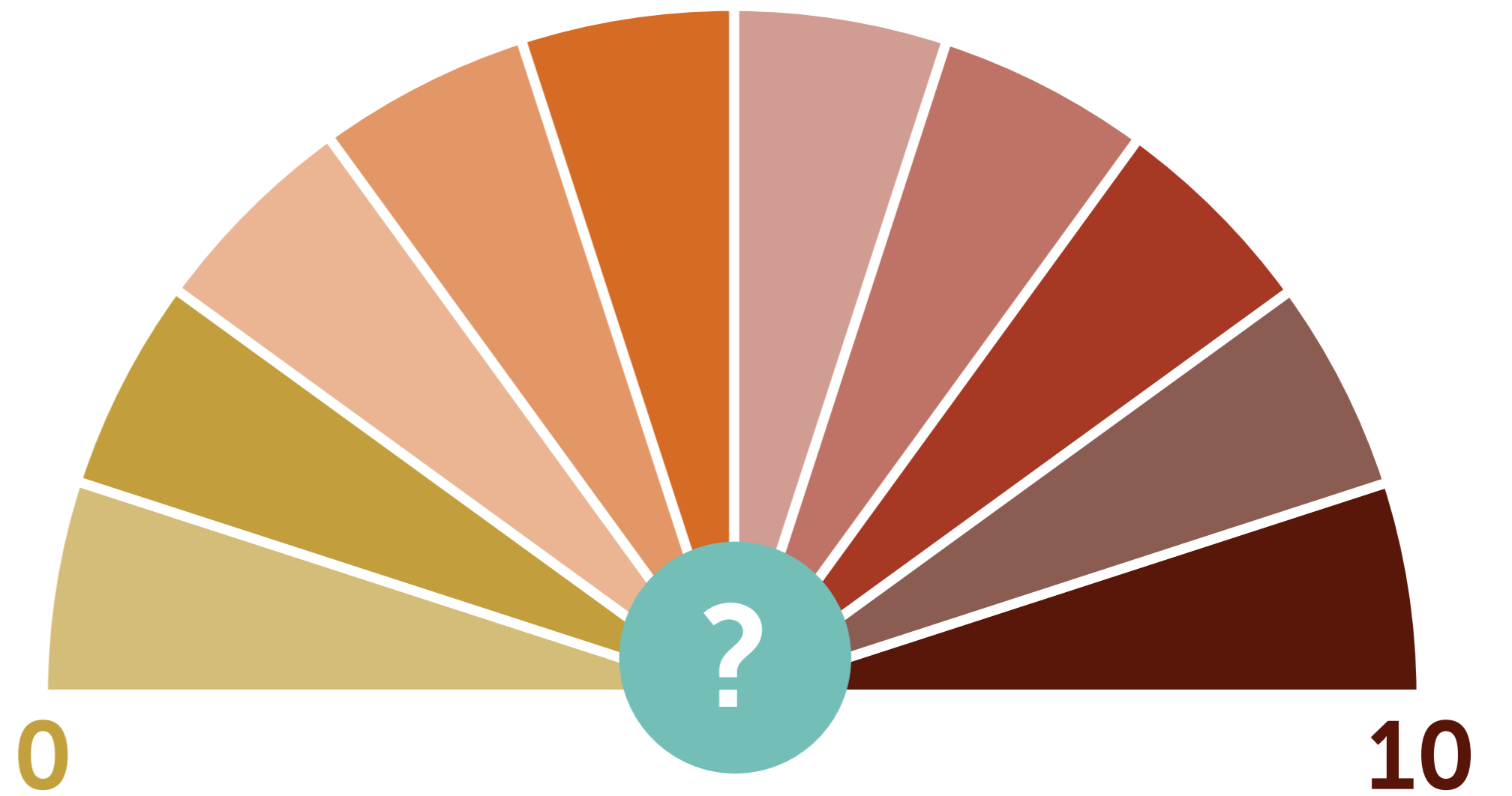


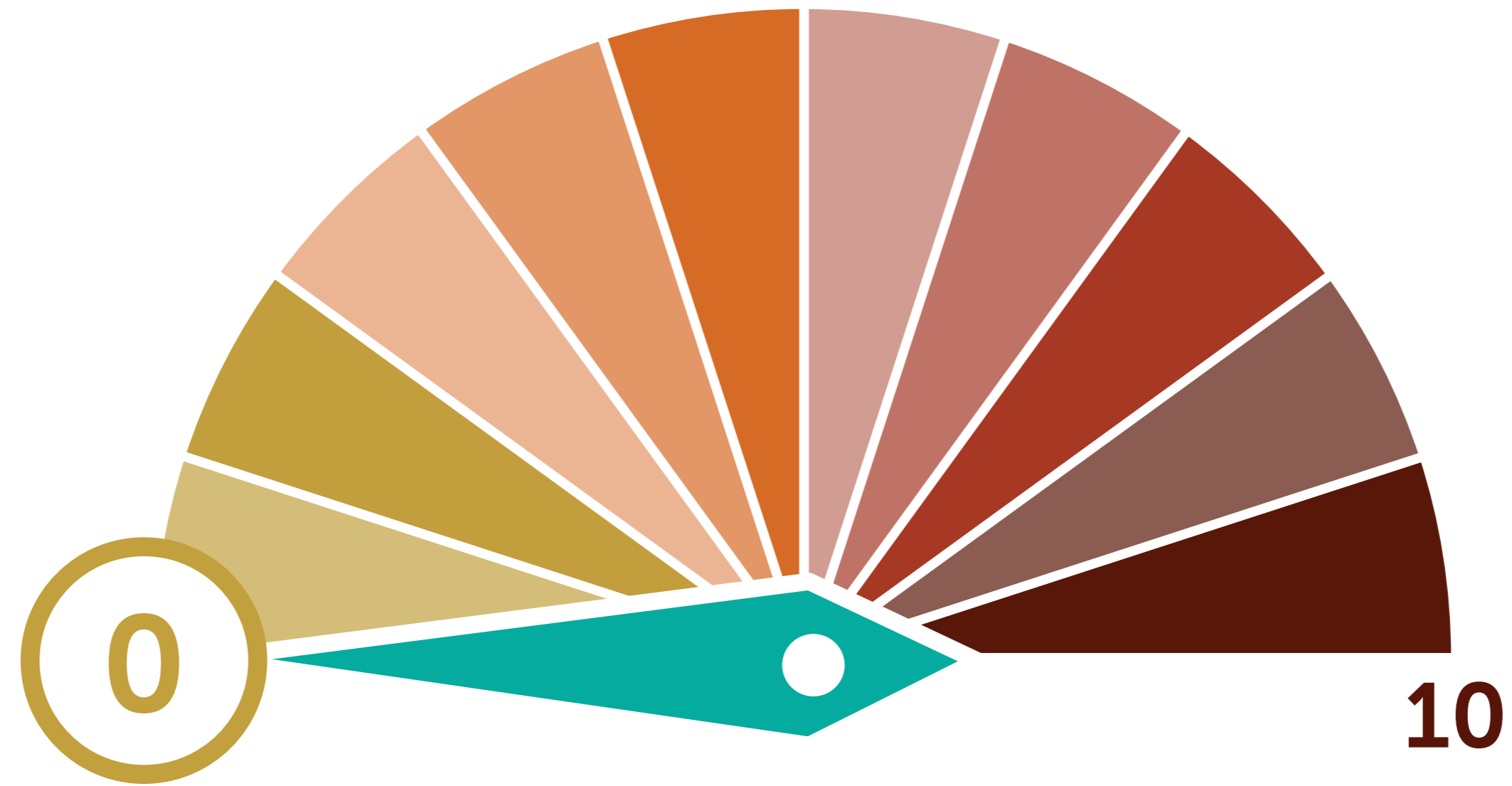


Chill With The Four Elements

Let's take
a measure!



How **stressed** are you?



Not stressed at all



The most **stressed** you can imagine!

Now rate your stress level.

0 – 10

Remember that number.

EARTH





Feel both of your feet on the ground.



Notice 3 things
you can see, hear, or touch.

AIR



**As you continue to notice
your feet on the ground,**

**breathe 3 or 4 deep, slow
belly breaths.**



In through your nose.
Out through your mouth.

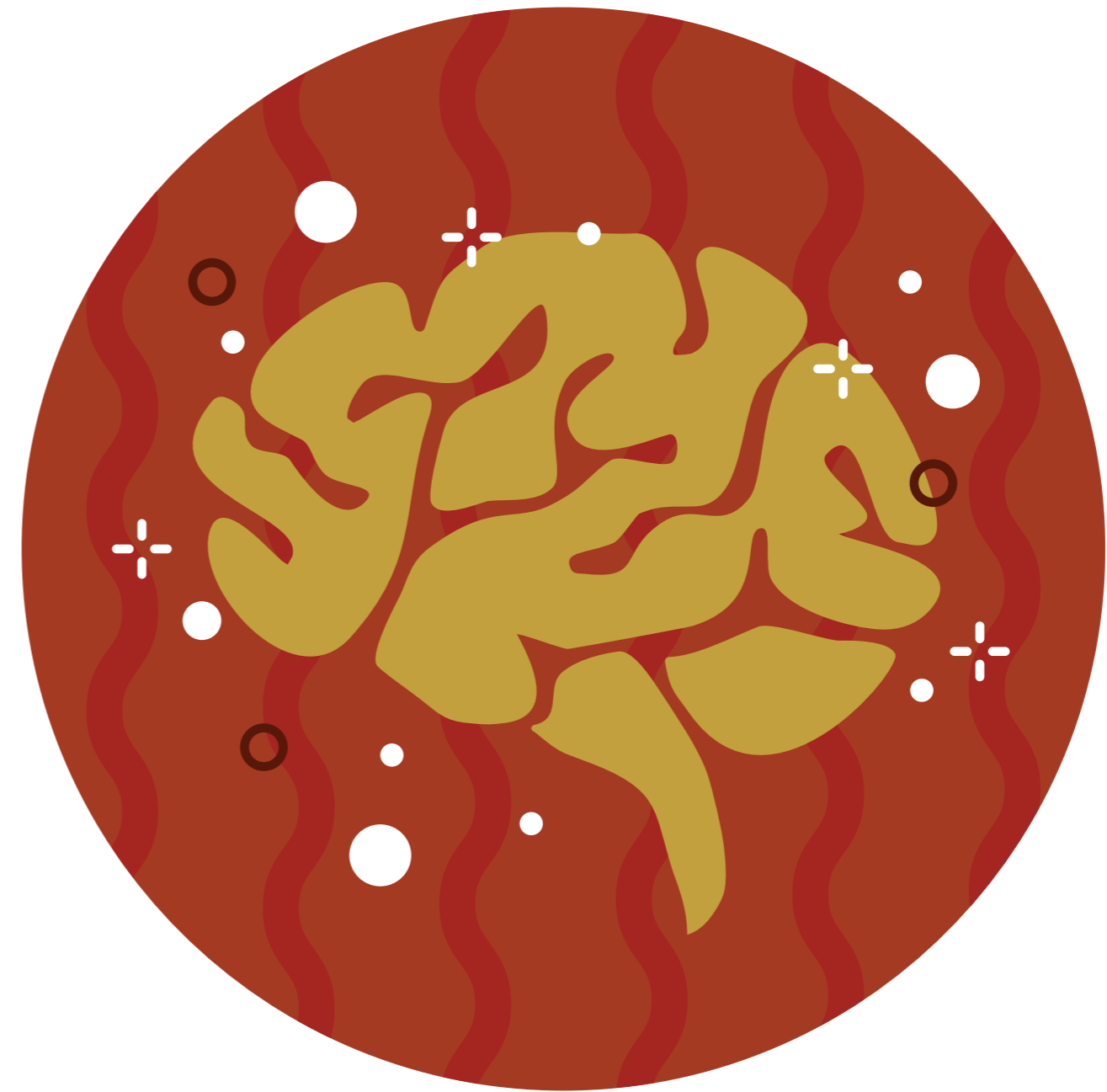
WATER



**Continue to feel your feet on the ground,
and the air that you breathe.**

**Produce some saliva in your mouth.
Think about sucking a **LEMON.****

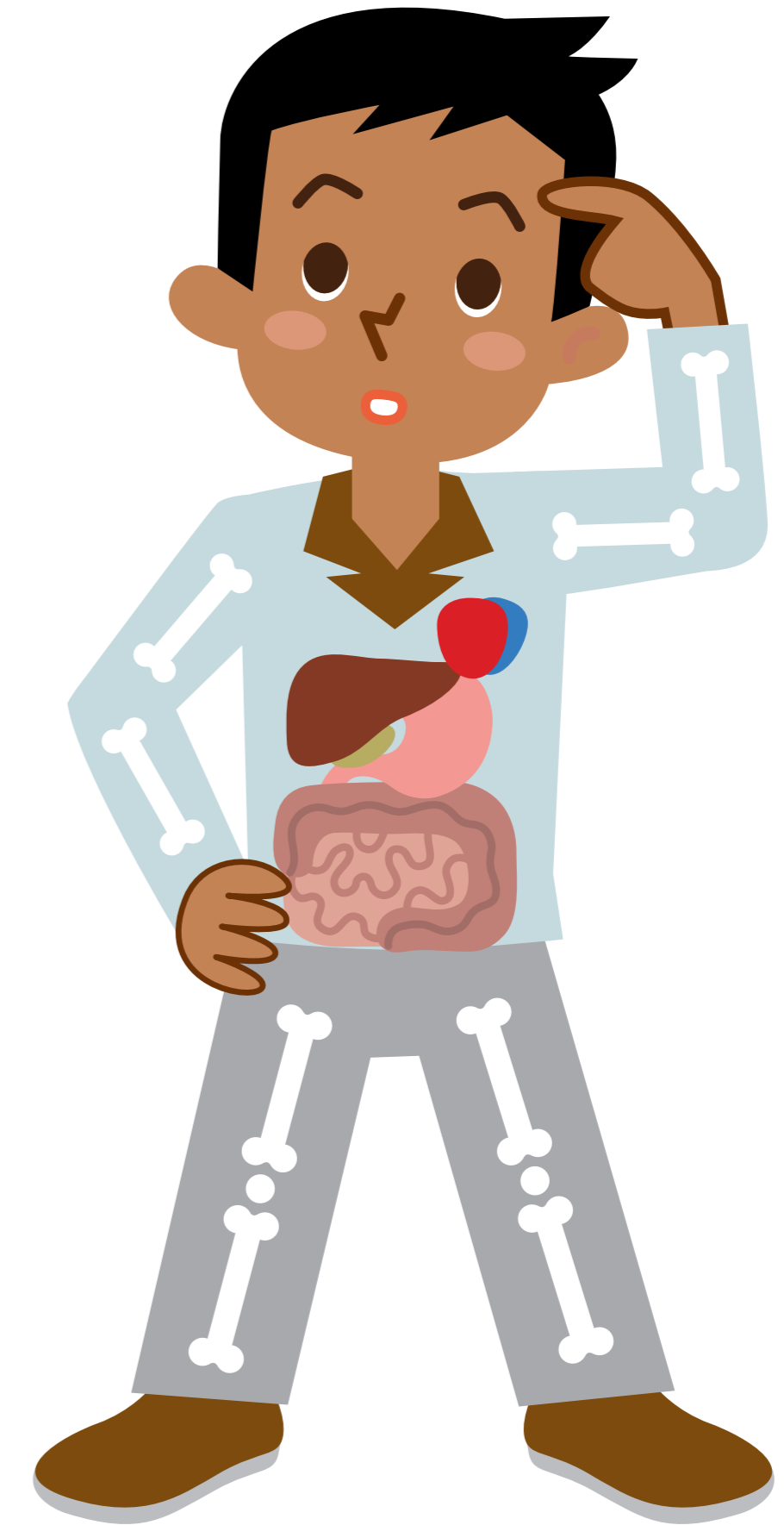
FIRE/LIGHT



**Continue to feel your feet on the ground,
and the air that you breathe, and saliva in
your mouth.**

**Now think about your relaxed or calm
word or imagine a special calming place.**

Notice where you feel calm in your body.



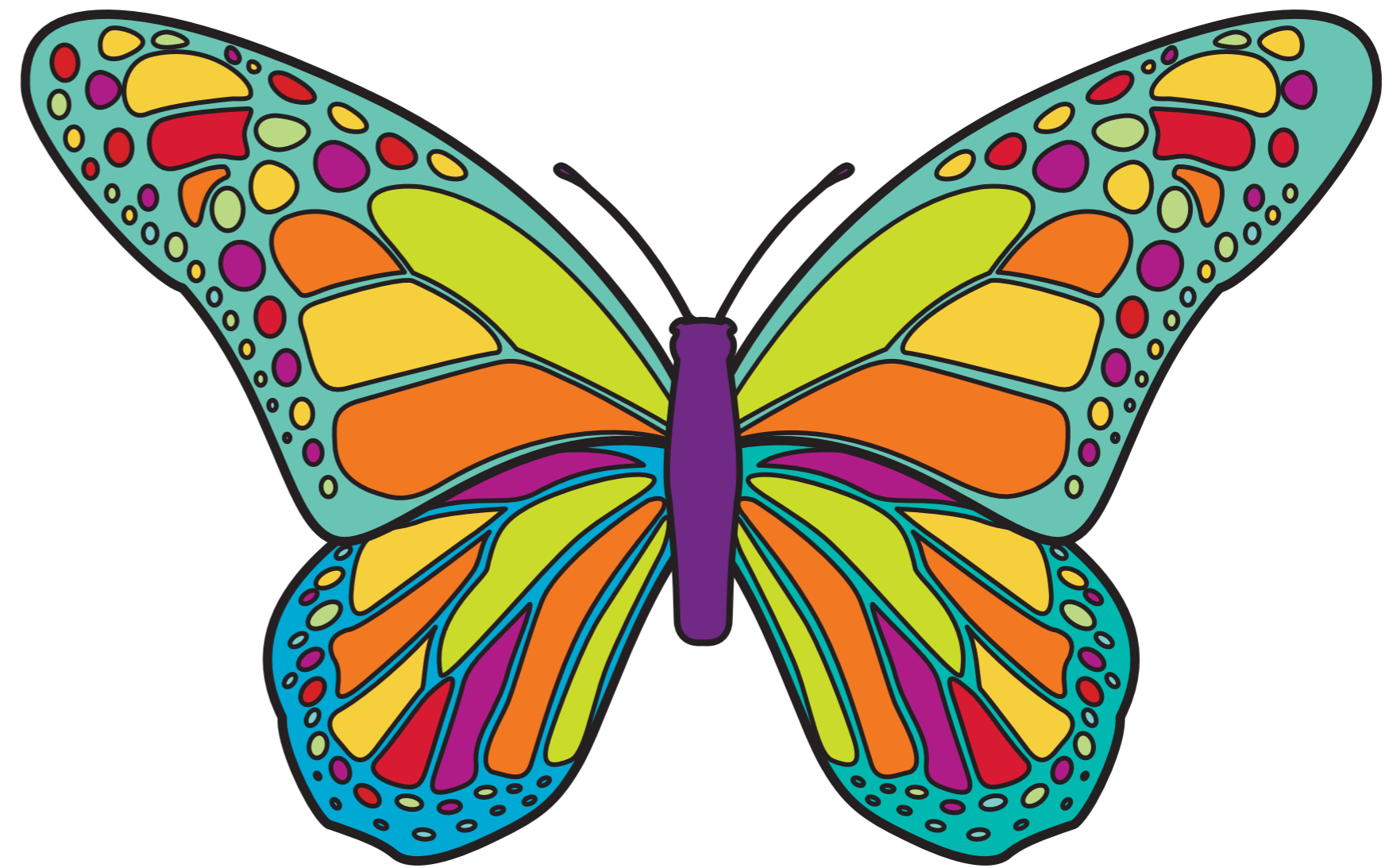
Let's help our brains remember what calm feels like in our bodies. Relaxed and ready to learn.

Give yourself Butterfly Hugs.

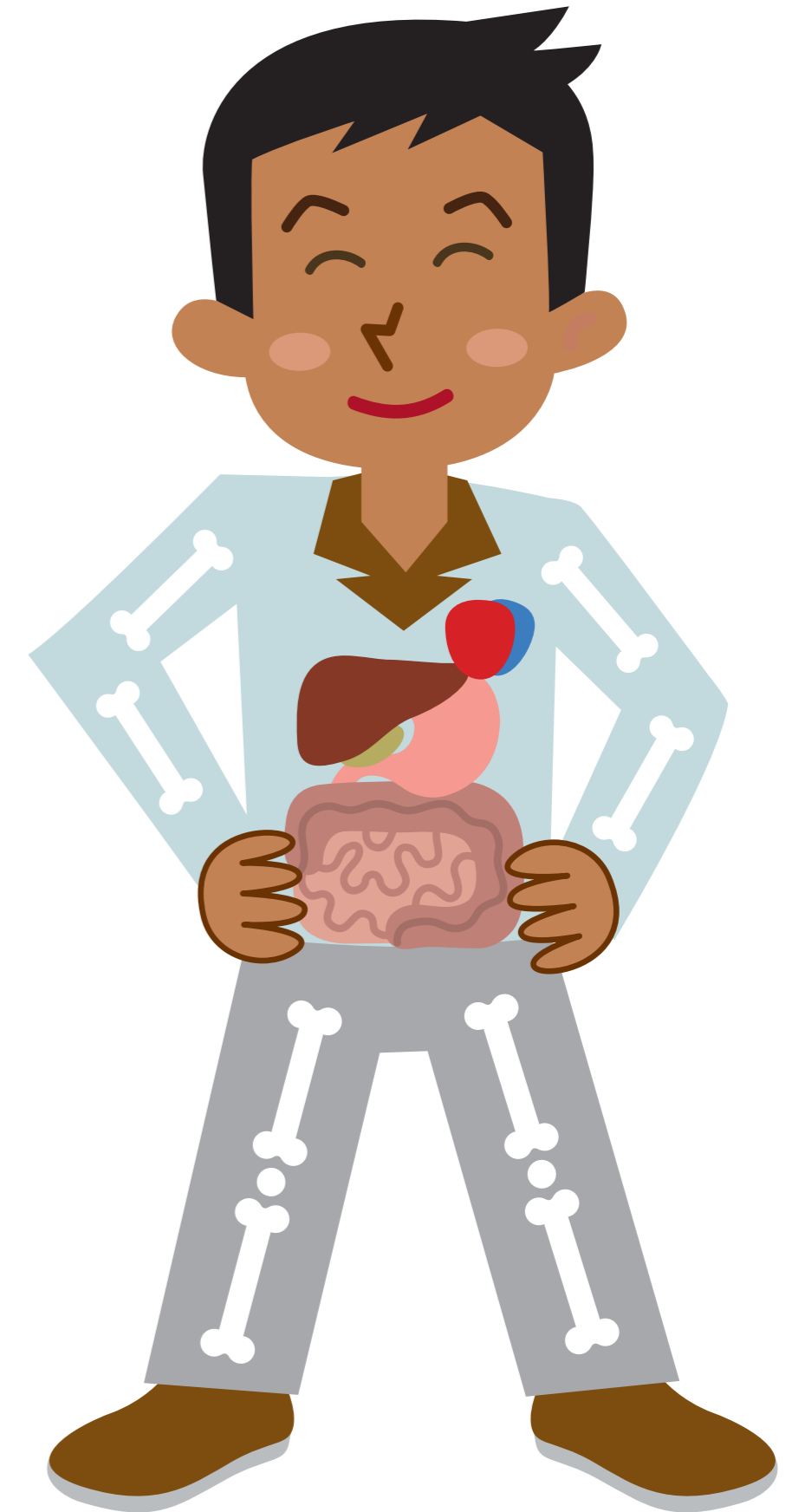


Notice *your* quiet mind.

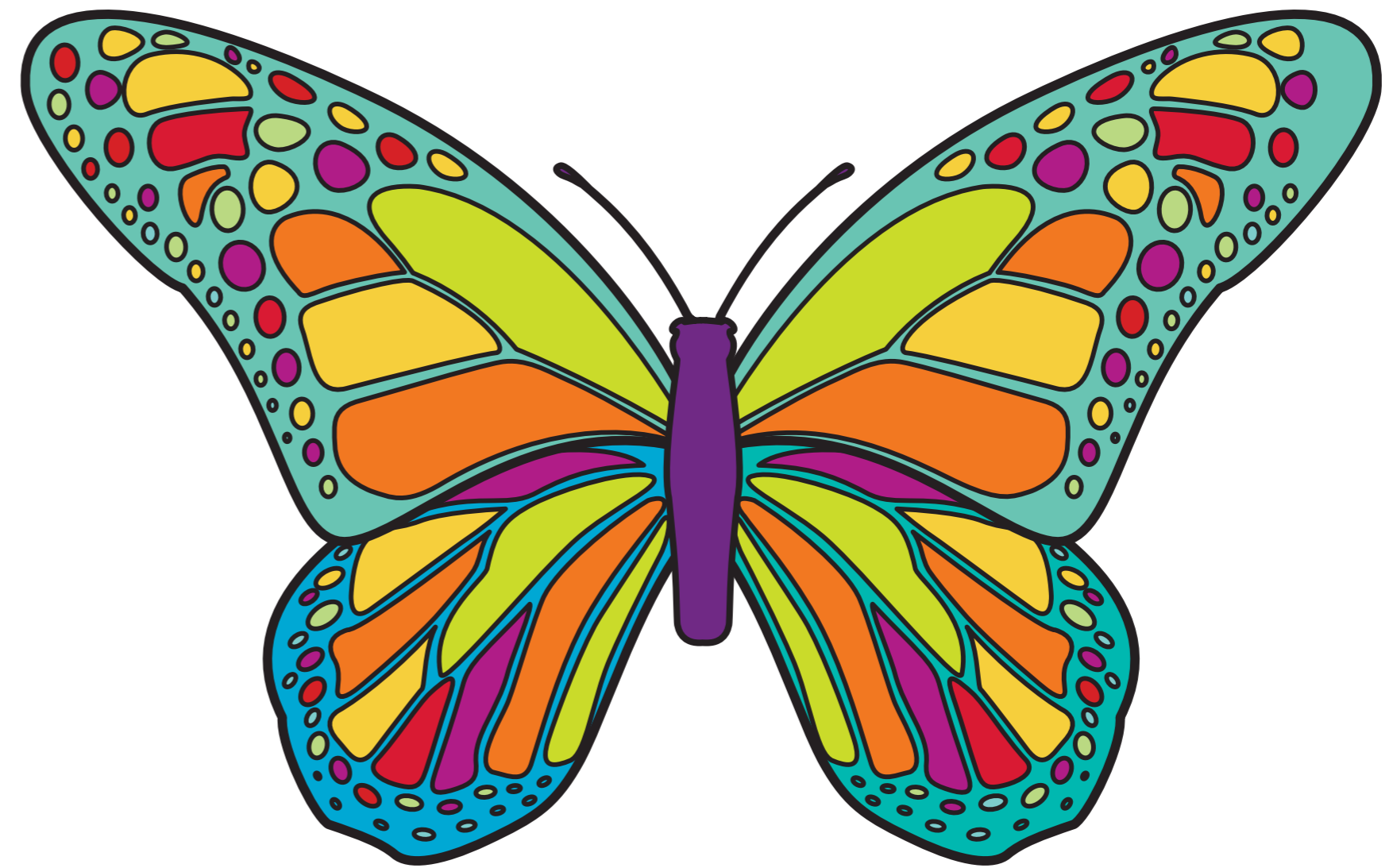
BUTTERFLY HUGS



Notice the calm
feelings in your body.



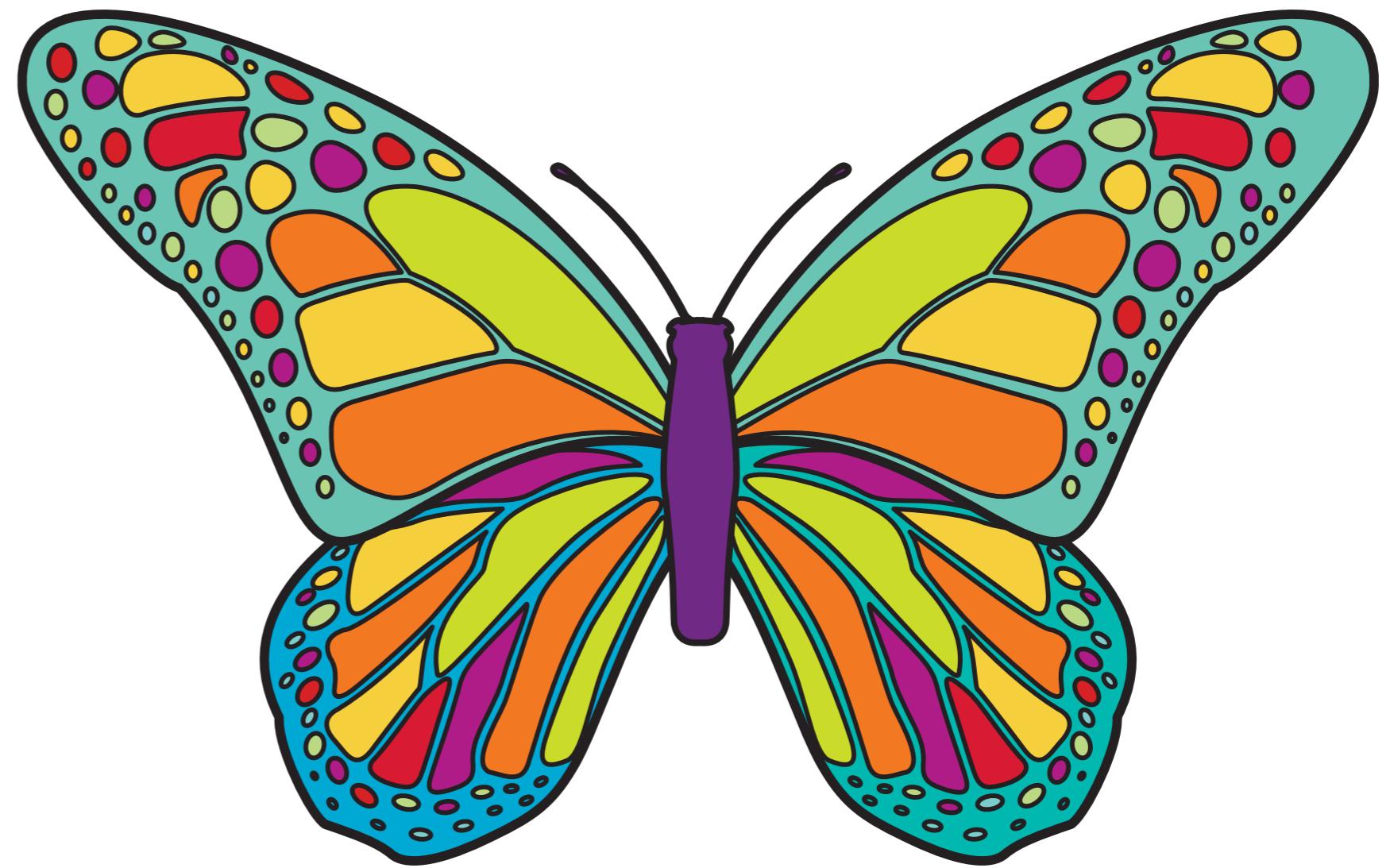
BUTTERFLY HUGS



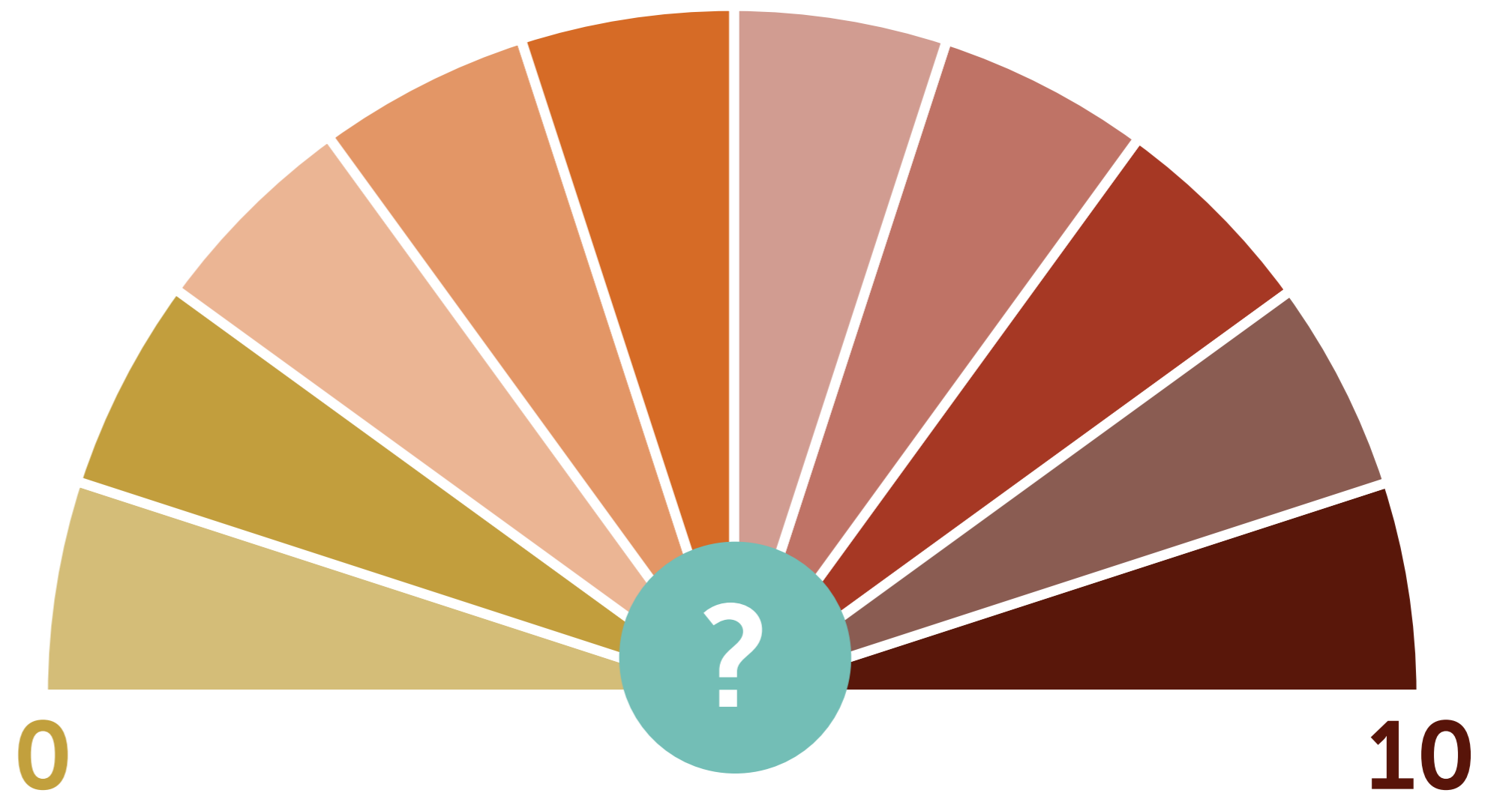
Let's help our brain
and body remember.



BUTTERFLY HUGS



Let's take
a measure!

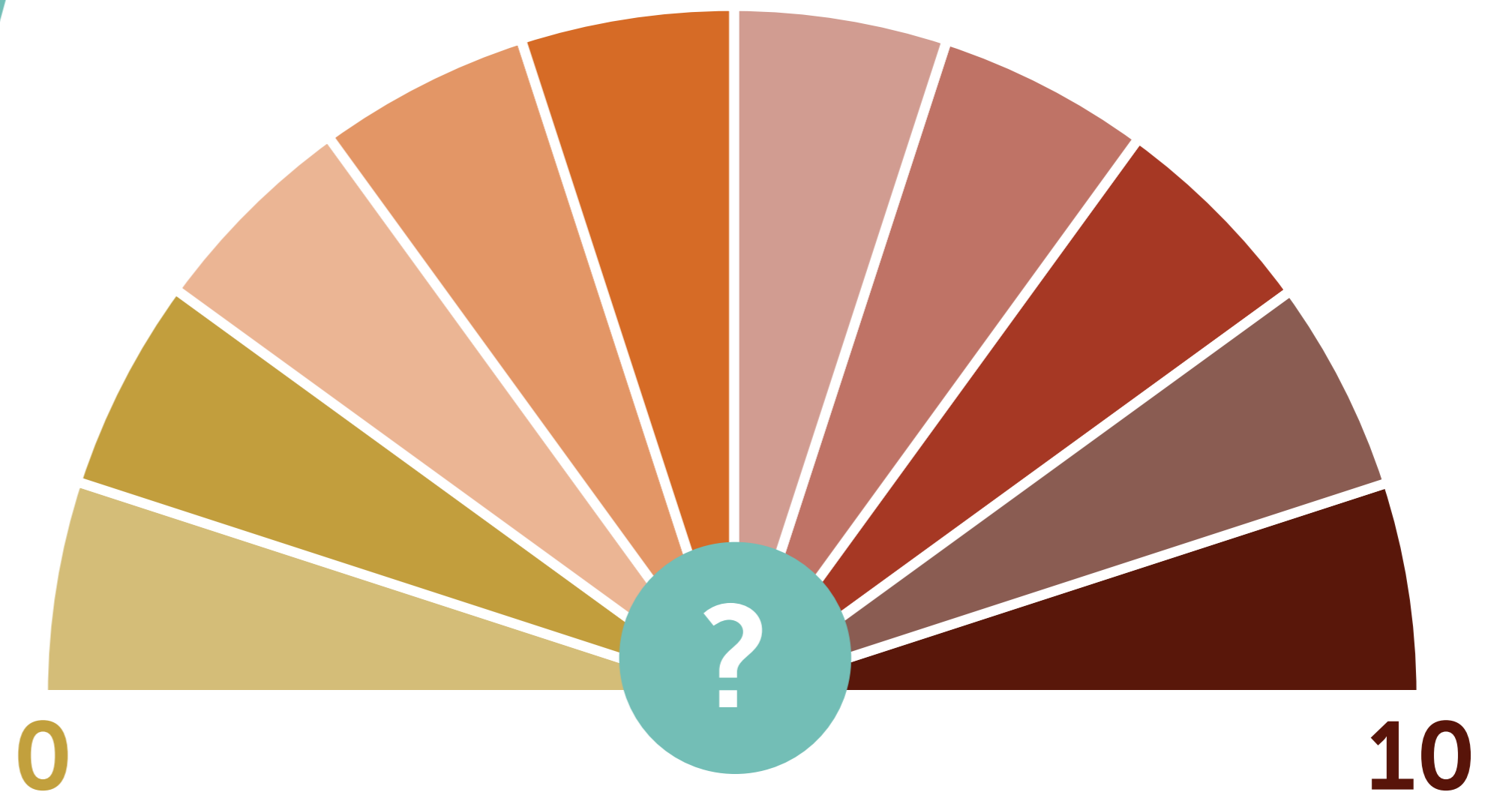


How **stressed** do you feel now?

Then?

Now...

Has your rating
changed?





Chill With The Four Elements



Practice makes Permanent!

