

## Day 4 of 5: Self Care



### Dealing With Stress:

- **If you feel your anxiety level rising, tell yourself to STOP before it gets out of control**
  - Take deep breaths and tell yourself it will be okay
  - Make a mantra – whatever works for you; “This too shall pass,” “The end is in sight,” “I’m going to be a teacher...” – and repeat it slowly in your head or out loud if you can
- **Daydream**
  - Give yourself a five-minute vacation to think about other things
  - Hum your favorite song, remember your last great vacation or dream about your next, smile about something your child did or imagine petting your dog
- **Focus**
  - After you’ve taken a few minutes out to daydream, FOCUS
  - Think about the little picture – getting through one chapter, memorizing 20 vocabulary words, passing the next quiz – and make it your goal to succeed at that one thing

### Dealing with physical tension –

- **Try “focal breathing”**
  - Exhale while slowly counting to 10. Feel that your lungs are completely empty
  - Breathe in through your nose, slowly counting to 10; keep your shoulders down and focus on pushing the air towards your stomach; you should feel your lower body expand and, at the end of the breath, some pressure on your lower back
  - Exhale slowly through your mouth, with your lips in an “ooh” position, pretend you’re trying to blow out a candle
- **Do a body check**
  - Sitting comfortably, start with your feet and move up your body checking for tension in each body part and actively relaxing each one in turn
- **Tense and relax**
  - Like the body check, start with your feet but actively clench each muscle group for three seconds before releasing it and relaxing it completely