

1. Breathing Techniques

Three-Part Breathing: Inhale through the nose and fill the belly, ribcage and then chest. Pause for a second or two. Exhale through the nose or mouth, releasing in reverse order – chest, ribcage, belly.

Pursed-Lips Breathing: Inhale in through the nose. Purse the lips as if about to blow out the candles on a cake. Exhale through pursed lips.

Diaphragmatic Breathing: Rest one hand lightly on the chest and the other lightly on the belly. Inhale through the nose and fill belly with air – notice the movement of the hand on the belly and the stillness of the hand on the chest. Exhale and relax the belly.

Breathing should be easy and relaxed during these techniques. Breathing should not feel forced or bring about dizziness or discomfort.

2. Guided Meditation

Encourage participants to think of something they are grateful for. This could be a friend, a place, a feeling or maybe even a favorite book or song. Ask them how thinking about these things makes them feel – joyful, happy, content.

Have participants notice their breathing. Has it become easier and more relaxed? Guide participants to notice how their body feels. Maybe their shoulders have softened, or a smile has come across their face.

Remind participants to pause and reflect on the things that are important to them, big and small, is an easy tool to encourage gratitude.

3. Loving Kindness Meditation

Share mantras like those found in a Loving Kindness meditation. Ask participants to repeat phrases to themselves like, “May I be well,” “May I be healthy,” “May I be at peace.” Then ask participants to think of someone they want to share these feelings with – a friend, partner, relative, etc. Repeat phrases like, “May you be well,” “May you be healthy,” “May you be at peace.”

4. Quotes/Poems/Readings

Search online for inspirational and motivating quotes, readings and poems.

Share quotes from a favorite book, movie or song.

Here are a few examples:

"You are braver than you believe, stronger than you seem, and smarter than you think."

- *Winnie the Pooh*

May Your Day Be Full by Catherine Pulsifer

Good morning to you, may your day be full
May sunshine throughout your day rule.
May any rain that falls be short-lived
May dreary weather not hold you captive.
As the day is what you make it
Be positive and happy, don't quit!