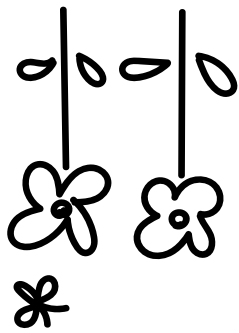


POSITIVE AFFIRMATIONS

- ① I Am Brave
- ② I Am Magical
- ③ I Am Strong
- ④ I Am Unique
- ⑤ I Am Powerful
- ⑥ I Am Creative



BREATHING EXERCISES

- ① Inhale 3 Exhale 3
- ② Inhale 4 Hold 4 Exhale 4
- ③ Inhale 5 Exhale 10
- ④ Lions Breath

④ Sit on your heels, hands on your knees. Take a deep breath through your nose. Open your mouth, stretch out your tongue, and let your breath exhale out with a loud "ROAR!"

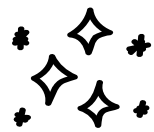
⑤ Sit comfortably with a tall spine. Curl the edges of your tongue together like a taco. Take a deep breath into your taco, hold, then exhale through your nose.

⑥ Emotional Release Sounds
(hiss for stress, shhh for anger, ha for sadness)



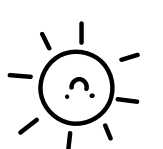
SELF CARE TOOLS

- ① Read/Write/Journal
- ② Walk/Dance/Run
- ③ Take Breaks from Technology
- ④ Spend Time in Nature
- ⑤ Call or Email a Friend
- ⑥ Sleep (8-10 hours per night)
- ⑦ Drink Water (half your body weight in oz daily)
- ⑧ Tapping (Emotional Freedom Technique)
- ⑨ Yoga/Tai Chi/Nia
- ⑩ Meditation

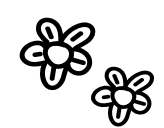


GUIDE FOR RESOURCES

- ✓ Self-Care Tools
- ✓ Breathing Exercises
- ✓ Positive Affirmation.....
- ✓ Yoga Poses
- ✓ Mantra Meditations.....
- ✓ Books/Resources



YOGA POSES



- ① Child's Pose 
- ② Cobra 
- ③ Down Dog 
- ④ Warrior Poses 
- ⑤ Tree Pose 

MANTRA MEDITATIONS

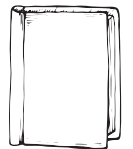


Set a timer for 5-10 minutes. Sit comfortably with your eyes closed and let yourself feel calm and grounded. As you breathe, choose one of these mantras to repeat in your mind.

- ① Inhale: I Am
Exhale: Really Awesome
- ② Inhale: Here and Now
Exhale: Present Moment
- ③ Inhale: I Am
Exhale: Filled with Peace
- ④ Inhale: I Feel
Exhale: Strong and Resilient
- ⑤ Inhale: I Am
Exhale: Fully Empowered



BOOKS AND RESOURCES



Brain Gym
www.braingym.com/shop/

Yoga for Classrooms
www.yoga4classrooms.com/

EFT/Tapping
The Tapping Solution for Teen Girls by Christine Wheeler and Nick Ortner
www.tappingsolutionfoundation.org/

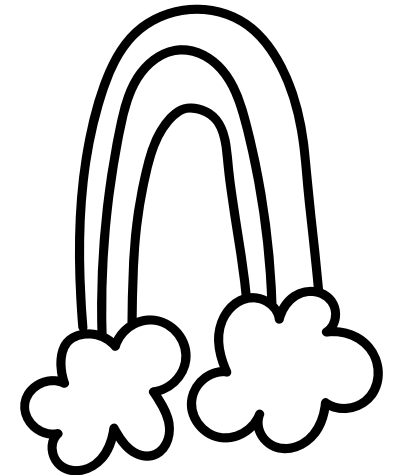
Yoga/Meditation Videos
www.headspace.com/

Healthy Cosmetic Guide
www.ewg.org/skindeep/



Empowerment4Girls

Empowerment Camp Zine



empowerment4girls.com