

WE ALL HAVE MENTAL HEALTH



Super Hero Pose

Stand up with your feet shoulder-width apart.
Push your shoulders back with your chest out
and your hands on your hips.

Breathe in deeply and let your breath fill up
your chest. Stand tall and proud,

Breathe out slowly and let your chest come back
down inch by inch.

Keep your spine straight and your shoulders
back Breathe in and out five more times

Self-Care Tip: Mindfulness actions utilizing any of
the 5 senses are a great way to GROUND oneself
and practice self-regulation