

Breathe



- slow deep breaths
- slow down heart rate



Reminder

Stay in the
moment



Self-Talk

Stay Positive
Keep your
mood up



Visualize



- imagine positive outcomes
- picture what you want



Don't freak out... game plan

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- Body check: scan body for physical signs for stress



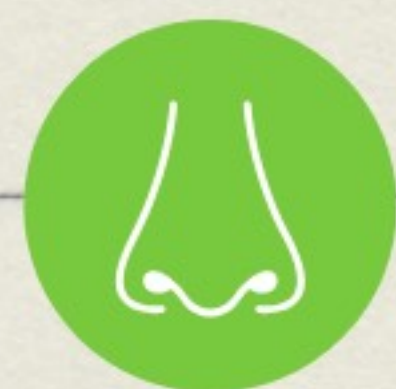
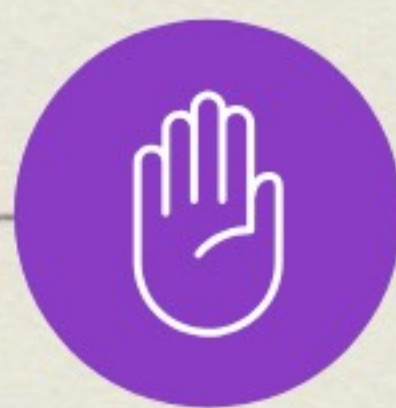
- leafs on a stream: place any thoughts, feelings, or sensations on the leaves and let them float down the stream



- Breathing: box breathing



- Name 5: things you can see, hear, touch (and smell)



- Body shake: shake the stress out of each limb



BLOCK OUT THE AUDIENCE AND FEEL
THE MUSIC

