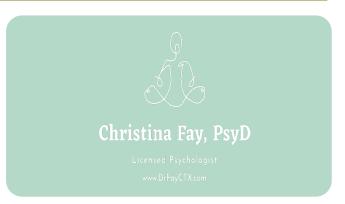
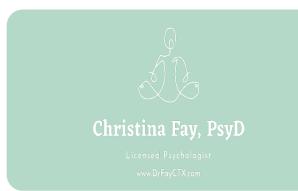
My worth is not dependent on my productivity.



I choose to slow down my breath and work towards calmness.



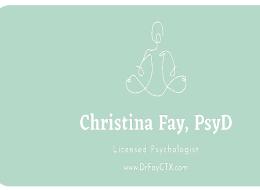
I am worthy of love and respect.



I will treat my time as valuable because I value myself.



Thoughts are just
thoughts.
Emotions are just
emotions.
I decide what the action
will be.



I can take 5 deep breaths. I have time for me.



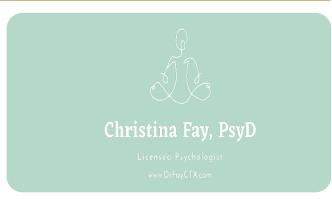
I am letting go of what is out of my control.



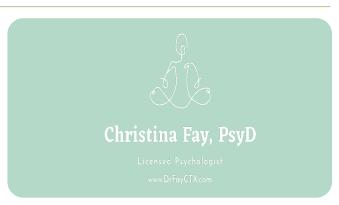
Pick out 5 things in the environment that are ____ (color, texture, pattern, etc.).



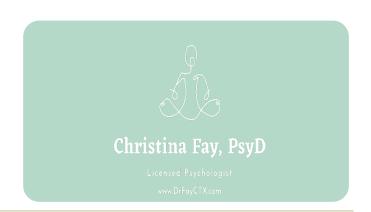
What do I need right now? What will I need today? What will I need this week?



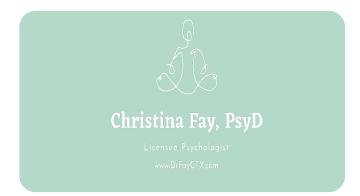
Deep Breath in 1... 2... 3... 4 ... 5... Deep Breath out 1... 2... 3... 4... 5...



I can slow down for 5 breaths.



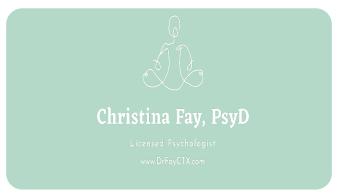
I do not control others.
I can choose how I respond.



I can start this task.
Putting this task off is
not in my best
interest.



I don't have to be perfect.
I do want to take an action towards
_____ goal.



I can refocus on what is important to me.





