Note to self:
Breathe

Be fully present
Focus on the task at hand.
Play when you’re playing, work when you’re working.

Relax & Recreate
Play a game. Watch a silly movie. Get a massage.

Educate yourself
Examine your options. Look around. Get advice.
Ask for help. Locate yourself in context, in history.

Act
Don’t just ruminate! Venting can help, but do something more concrete than complaining.
Make a plan and follow through.

Tend your “emotional acre”
Look after your own spiritual & emotional & psychological health.
Love your friends & family & let them love you.

Help others
However much our situation sucks, others have it worse. Look around and offer help.

Eat right & Exercise
Fueling your body with healthy food and exercising to use up those stress hormones our body produces will go a long way in calming our minds and emotions.

Adapted from “Breathe” by Marnie Bullock Dresser, English Professor, UW Richland