

Just for Me

Moments of calm and self-care

4 – 7 – 8 - Breathe to de-escalate your stress and regain focus

In..... **4** 3 2 1

Hold **7** 6 5 4 3 2 1

Out **8** 7 6 5 4 3 2 1

Repeat 3-4 times as needed

Focus on the good –

At the end of the shift, and the day:

- *What was my win today?*
- *Who & how did I help?*
- *What I do is important.*

Repeat to self at the beginning of your day:

- *May I be safe*
- *May I be happy*
- *May I be healthy*
- *May I live with ease*

Find Floyd Wellness Resources &
Programs at floydwellnow.com

Well-Being and Resilience Resources

Songs to Reduce Anxiety

Developed by sound therapists



LiveWELL Resilience Resources



Employee Assistance Program Resources



Ask for Prayer



Transition from Work to Home

