

# Empowering Young Minds

Student Tip Sheet (Gr.7-12)



## DEEP BREATHING

Sends messages to the brain  
To calm the body and relax. Try  
this: Inhale 4 seconds, Exhale 6.  
Repeat.

## GLIMMERS

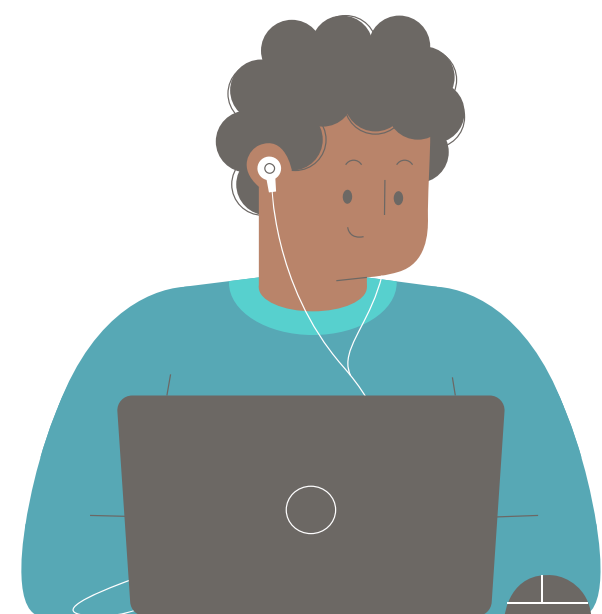
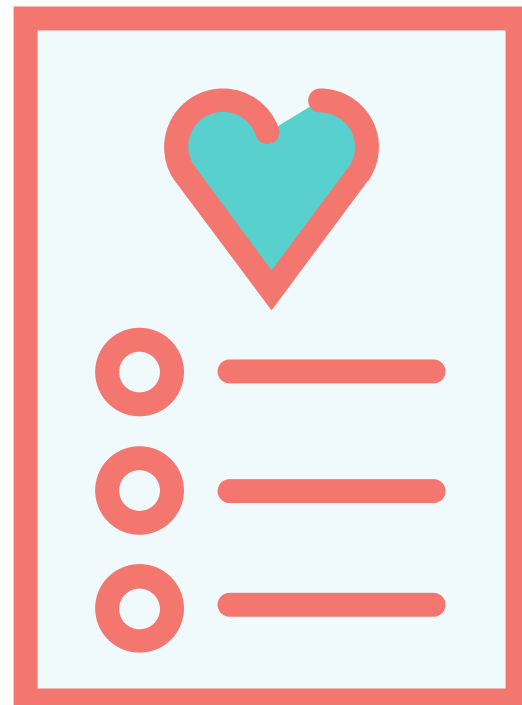
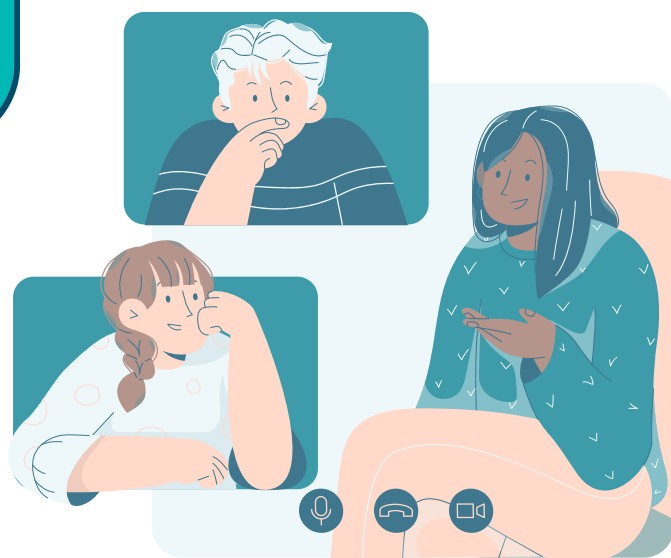
Focus on the things that  
make you feel good,  
energized, & happy! These  
are called glimmers.

## FEELING YOUR FEELINGS

When we name what we are  
feeling, we can take away  
some of the power of that  
emotion, and feel through it.

## UNPLUG & UNWIND

Take 1 hour to be away from screens,  
leave your phone away and  
recharge your mind! Try taking a nature  
walk, simple exercises like this can  
produce dopamine!



## ACTS OF KINDNESS

Practice ways you can be kind  
to yourself and to others.

## THOUGHT COUNTERING

**Step 1:** Notice your unhelpful thoughts  
**Step 2:** Transform the thought into  
something more helpful or positive

## ROUTINE

Keeping a routine can help us  
manage stress by helping us know  
what we can expect in our day.

## POSITIVE AFFIRMATIONS

Saying kind things to  
ourselves can help us see  
ourselves as the strong and  
capable people that we are.

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