

Assume a Superhero Pose:



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Make a fist in each of your hands.

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Place each hand at the top of each hip.

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Stand with your feet, hips-length apart.

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Stand tall and puff out your chest as if you are a Superhero.

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Look at yourself in the mirror, take a deep breath, and repeat after me. “I am capable. I am brave. I am resilient.”