

FEELING FRUSTRATED,  
ANGRY, ANNOYED?

Breathe OUT to the count of 4

Breathe IN to the count of 4

TRY TRACING THIS SQUARE  
AS YOU BREATHE

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#1 Check in with your toes. Wiggle them. How are your toes? Your feet? Your ankles? Roll your feet in circles.

#2 Check in with your legs. Bend your knees, how are your legs? How are your hips? Your stomach? Are you hungry?

#3 Check in with your heart. Put your hand on your chest, see if you can feel it beating.

#4 Check in with your lungs. Take a few big deep breaths.

#5 Roll your shoulders & neck. Are they tight?

#6 How is your head? Jaw? Eyes? Nose?

FEELING  
NERVOUS?  
WORRIED?  
BORED?

**TRY TOES-TO-NOSE!**