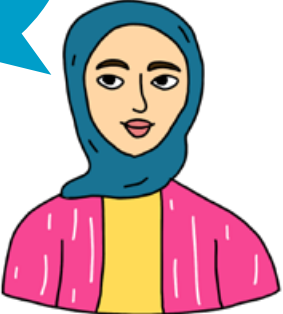


MOMENTS OF MENTAL WELLNESS



As a high school student intern, my workday can get stressful. Here are five easy activities we can do together that can help all of us take a moment of mental wellness.



STARTING A TEAM MEETING?

Brain Dump 5 MINUTES

Set a timer and have everyone (including yourself) write a stream of consciousness for 3 minutes. Once time is up, give everyone 1 minute to say out loud how they're feeling - all at the same time. Once time is up, lead everyone in taking a deep breath, ripping their papers in half and recycling them, allowing everyone to have their minds cleared and re-centered.



Music Centering 2 MINUTES

Start a meeting with 1-2 minutes of music where everyone has to close their eyes and just listen to the music. Once the song/clip is finished, lead everyone in taking a deep breath and getting started with the meeting.

- RECOMMENDATIONS:**
- 2 Minute Timer Relaxing Music Lofi Water Background
 - 1 Minute Timer Relaxing Music Lofi Fish Background

Visual Centering 2 MINUTES

Start a meeting with a 1-2 minute video clip where everyone has to watch without discussing. Once the clip is finished, lead everyone in taking a deep breath and getting started with the meeting.

- RECOMMENDATIONS:**
- Still Life Short film idea

ONE-ON-ONE?

Scribble Reflection 5 MINUTES

Make a random scribble on a post-it note or piece of paper. Kind of like seeing shapes form out of clouds in the sky, mentally form a shape out of the scribble and relate it in some way to something that happened or something that you are feeling today. Take turns sharing the shape, what it relates to for you personally, or both.

NEED A BREAK?

Box Breathing 2 MINUTES

Follow the breathing exercise with [this gif](#) for 1-2 minutes. Proceed with your meeting or day as planned, just a little more focused, centered, and relaxed.

