

# BREATHE IN BREATHE OUT

For [1 minute focus](#) on just your breathing. You can breathe in peace and breathe out a smile

## FAMILY TIME

Read, play games,  
and stay  
CONNECTED



## Instantly Lighten your Load

It only takes a moment to  
RELAX



# Take a Mindful minute



*Mindfulness*  
[Practice guided  
meditation](#) with  
Davis Behavioral  
Health



# Be grateful

Touch each finger and think of 1 thing  
you are grateful for. Spend 10  
seconds focusing on that before  
moving on to the next finger.

**#DSDSELday March 26th**