



**I AM PEACEFUL!**

## Start Here

Some things that have challenged me lately are:

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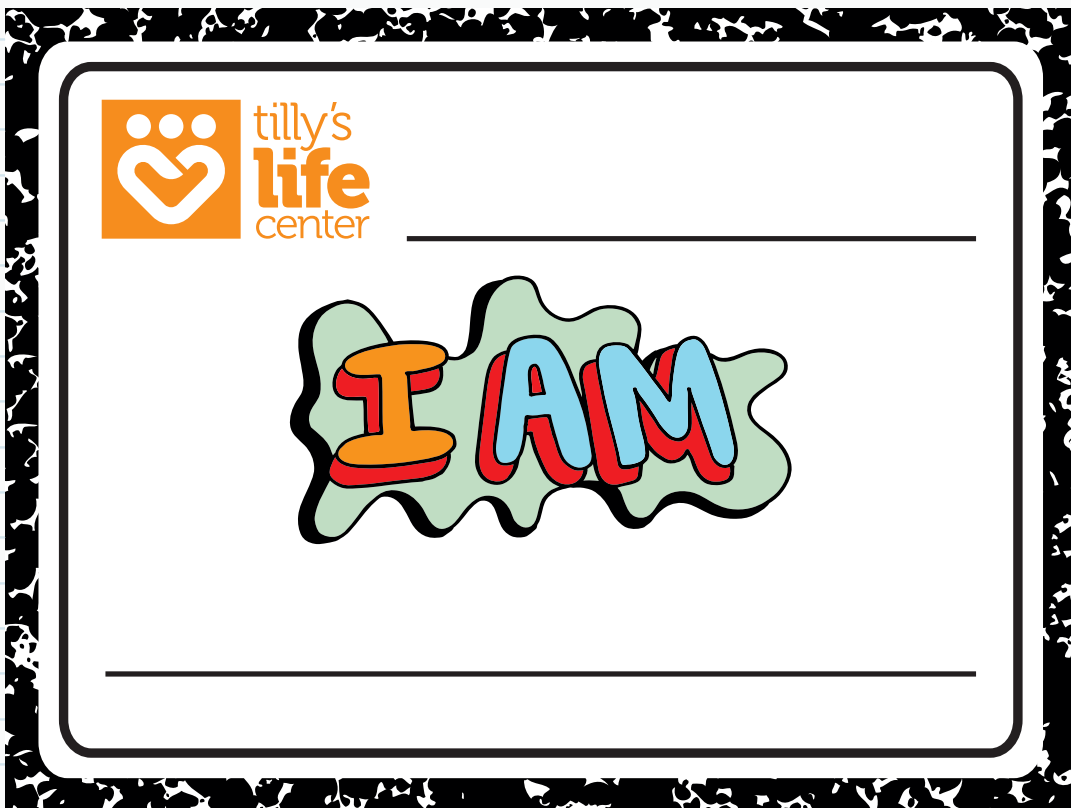
Three things I am stoked to have in my life are:

1.

2.

3.

My “Empowerment” statement is:



## Lesson 3

## “I Am Peaceful”

What stresses YOU out? Knowing what triggers stress for you is the first step in finding healthy ways to handle hard situations.

Rate the situations below on a scale from 1-5, with one being least stressful and five being the most stressful:

\_\_\_ school

\_\_\_ taking tests

\_\_\_ peers gossiping

\_\_\_ peers judging

\_\_\_ arguments with someone in your family

\_\_\_ playing sports

\_\_\_ video games

\_\_\_ boredom

\_\_\_ not feeling like you fit in

\_\_\_ fighting with your girlfriend/boyfriend

\_\_\_ chores

\_\_\_ disagreements with friends

\_\_\_ no money

\_\_\_ your job

\_\_\_ not feeling good about yourself

\_\_\_ other

# TLC-TAKE "5"

Managing stress requires action and this means you have to "DO the DO to GET the GET". Everyone from yogis and monks to the military and athletes practice these "5" techniques. Why? They are highly effective and awesome for...



**1. Breath work: To breathe with awareness and intent. Benefits from practicing breath work...gain focus, calm the nervous system & relieves stress.**

- Sit comfortably. You may close your eyes or pick a spot in front of you to focus on.
- Take one deep breath and relax.
- Breathe in through your nostrils to the count of five, hold your breath for the count of two, and exhale through your mouth 1,2,3,4,5. Feel the air reaching every cell in your body, moving freely. Repeat twice.
- On the last cycle, push your breath out, exhaling anything that may be bothering you. Return your breathing to its natural rhythm. Enjoy the silence in this moment. Open your eyes and return calm and relaxed.
- Carry this feeling with you for the rest of the day.

**2. Stretching-An action that involves straightening, bending, or extending one's body or a part of one's body to its full length, to release tension.**

- Find yourself a space in which you can move comfortably.
- Stand up straight and reach your arms high above your head...reaching, reaching, feeling your whole body stretch.
- Gently fall forward, letting your arms and head dangle, bouncing and wiggling your arms.
- Slowly arch your back upright nice and tall and put your arms to their sides. Gently rotate your shoulders clockwise and then counterclockwise a few times.
- Roll your head in a circle a couple times, then reverse the circle. Nice stretch!

**3. Muscle-Tension Release. A technique that is practiced to relax muscle tension. By tensing and releasing your muscles, they actually become more relaxed.**

- Start by tightening up the muscles in your hands and arms as tight as you can...holding, then release, relaxing the body while taking a big breath out.
- Now focus on your legs and feet while tightening all your muscles as hard as you can...holding, then release, relaxing the body taking a big breath out...repeat.
- FYI- One of the best muscle-tension releasing techniques is laughter, so when you are stressed out, get your giggle on!

**4. Guided Imagery- Means to transform a positive mental image to achieve a goal. If you can see it, you can be it. Visualize what you want to be.**

- Many athletes, musicians, and professionals, use guided imagery as a powerful tool to reach their goals. **Example:** An athlete may visualize connecting the bat to the ball or a musician may see themselves mastering a performance. Creative visualization can be used for any goal you wish to achieve.

**5. Meditation-**The continuous practice of training your mind to focus. Meditation is used to redirect your thoughts, increase awareness of yourself and your surroundings, and alleviate stress. There are several types of meditation...a few popular ones are:

**Walking Meditation-** Being mindful of your breath, steps & surrounding while you are taking a walk.

**Mantra Meditation-** Repeating a syllable, word or phrase while meditating, often referred to as chanting.

**Unguided Meditation-** Meditating in silence or with background noise, like sounds of waves, birds, or rain.

**Guided Meditation-** Someone is leading you through specific prompts while meditating.

**\* To experience good vibes, check out our TLC meditations on the Tilly's Life Center channel on YouTube**

**Write an affirmation  
that keeps you grounded.**



**Affirmation Card**



**NOTES:**

