SELF-CARE TOOLBOX

4-7-8 Breathing Exercise

Relaxation Breathing Exercise (2 minutes)

Guided Imagery

Re-Centering Mindfulness Meditation (2 minutes)

5-4-3-2-1 Method

Grounding Exercise to Manage Anxiety (4 minutes)

Desk Yoga Flow

Desk Yoga Flow Stretch (5 minutes)

Gentle Tai Chi Flow

Tai Chi for Beginners (5 minutes)

COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO