



sai-connect

hand in hand - heart to heart

## Affirmations

I am worthy

I am valuable

I am loved

I am brilliant

I am deserving

I am not alone

I am strong

I am motivated

I am confident

I am positive

I will rise with a smile

I can be anything I desire



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## Strategies to relieve stress

### ✓ Deep Breathing

Take a deep breath. As you inhale count to 5 and then exhale slowly to the count of 5.

### ✓ Take a Walk

Go on a walk. Try to be mindful about the natural surroundings. Avoid thinking and try staying in the presence of nature. Observe and appreciate.

### ✓ Exercise

Cardio relieves stress. Do some cardio. If nothing else, put your favorite music on and dance your stress away!

### ✓ Express your feelings

Write your feelings down in a journal. Let it all out. Your frustrations, anger, anxieties and know that no one is judging you.

### ✓ Embrace your creativity

Color, draw or paint. Try something new and something that you have never done which is out of your daily routine.