

# Recipe For

## Calming Your Mind

Master Chef Mantra: Inner peace lives in all of us

### Directions

- Practice mindfulness - what sounds do you hear around you? How do you feel?
- Listen to music - create a personal playlist that makes you feel relaxed
- Take deep breathes - close your eyes and focus on your breathing
- Start writing - let anxious emotions out on paper and write down how you feel
- Create a mantra for yourself - think up a phrase that helps center your thoughts
- Change your surroundings - step outside throughout the day and get fresh air

