



Keeping Your Mind Calm

One Breath at a Time

Goal: While breathing deeply in and out, close your eyes and imagine yourself doing something that makes you feel happy and peaceful.

[Tip]: Imagine what you hear, see, smell, taste and touch while taking a walk, reading a book, swimming, running, or sleeping in and feeling cozy under the covers.

Why is this important? Daydreaming can be a helpful coping strategy.

References: MacIntyre, P., & Gregersen, T. (2012). Emotions that facilitate language learning: The positive-broadening power of the imagination. <https://www.doi.org/10.14746/sslit.2012.2.2.4>