



SHEBE

CALM MIND GUIDE



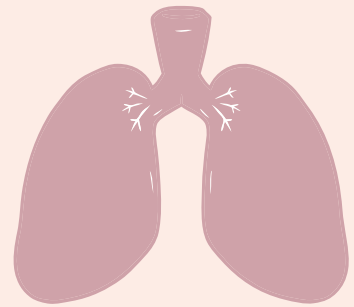
REFOCUS

Refocus your mind on what is in the moment



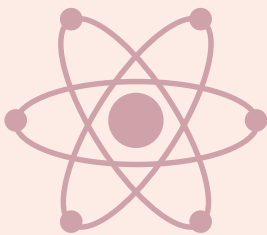
BODY SCAN

Scan your body for stress



BREATHE

Breathe in and say "peace" and breathe out "anger"



FACTS

Remember emotions only last a few seconds



PRESENT NOT PERFECT

Refocus your mind on what is in the moment



JOURNAL

Refocus your mind on what is in the moment