



Peace practices **for the week.**

A simple guide to help you feel calm each day.



Monday- Morning Reset

Take one minute to breathe slowly. Breathe in for four seconds. Hold for two seconds. Breathe out for six seconds. Do this three times. This helps your body feel safe and steady.



Tuesday- Tech Timeout

Pick one hour today with no phone, TV, or computer. Use this time to stretch, read, or sit in a quiet place. Let your mind rest and slow down.



Wednesday- Midweek Movement

Take a 10-minute walk. Pay attention to your steps and your breath. Moving your body helps release stress.



Thursday- Gratitude Check-In

Think of one good thing that happened this week. It can be small, like a smile, a warm drink, or a kind word. Noticing good things can help you feel lighter.



Friday- Body Scan Break

Sit still for two minutes. Relax your jaw. Drop your shoulders. Unclench your hands. Let your body soften and let go of tightness.



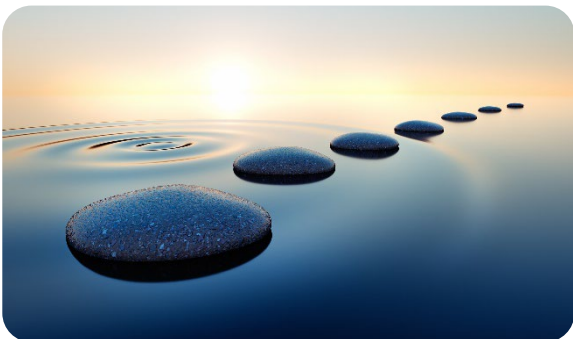
Saturday- Joy Moment

Do one thing that makes you happy for at least 10 minutes. Listen to music, take a walk, enjoy a hobby, or rest. Joy helps your mind and body feel stronger.



Sunday- Set Your Intention

Choose one word for the week ahead. Try words like calm, steady, gentle, patient, or hopeful. Let this word guide how you move through your days.





If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

Nếu bạn không nói và / hoặc đọc được tiếng Anh, vui lòng gọi 888-404-3549 từ 8:00 sáng đến 5:30 chiều. Một đại diện sẽ hỗ trợ bạn.

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영어를 말하거나 읽지 못하는 경우 오전 8 시부 터 오후 5시 30 분 사이에 888-404-3549로 전화하십시오. 담당자가 도와 드릴 것입니다.

如果您不会说和/或阅读英语，请在上午 8:00 至下午 5:30 之间致电 888-404-3549。一位代表将为您提供帮助。

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