

**Journaling tips**

Use a tool like Headspace to practice a mindful moment.

Try breathing exercises such as one minute of square breathing or choose something that fits your needs or mood for the day.

Speaking of moods, how are you feeling? (Before and after) \_\_\_\_\_

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How would you rate the exercise you tried? Would you repeat it again? \_\_\_\_\_

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What can you do to implement this practice more frequently? \_\_\_\_\_

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**Pro tip**

1 deep breath or round of square breathing is enough to lower your blood pressure and leave you in a calmer state.