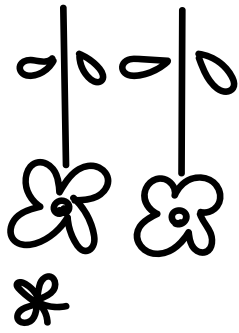


# POSITIVE AFFIRMATIONS

- 1 I Am Brave
- 2 I Am Magical
- 3 I Am Strong
- 4 I Am Unique
- 5 I Am Powerful
- 6 I Am Creative



# BREATHING EXERCISES

- 1 Inhale 3 Exhale 3
- 2 Inhale 4 Hold 4 Exhale 4
- 3 Inhale 5 Exhale 10
- 4 Lions Breath

**4 Lions Breath**  
Sit on your heels, hands on your knees. Take a deep breath through your nose. Open your mouth, stretch out your tongue, and let your breath exhale out with a loud "ROAR!"

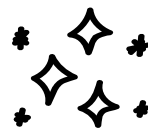
**5 Cooling Breath**  
Sit comfortably with a tall spine. Curl the edges of your tongue together like a taco. Take a deep breath into your taco, hold, then exhale through your nose.

**6 Emotional Release Sounds**  
*(hiss for stress, shhh for anger, ha for sadness)*



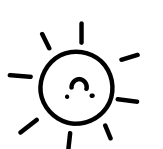
# SELF CARE TOOLS

- 1 Read/Write/Journal
- 2 Walk/Dance/Run
- 3 Take Breaks from Technology
- 4 Spend Time in Nature
- 5 Call or Email a Friend
- 6 Sleep (8-10 hours per night)
- 7 Drink Water (half your body weight in oz daily)
- 8 Tapping (Emotional Freedom Technique)
- 9 Yoga/Tai Chi/Nia
- 10 Meditation



# GUIDE FOR RESOURCES

- Self-Care Tools .....
- Breathing Exercises .....
- Positive Affirmation .....
- Yoga Poses .....
- Mantra Meditations .....
- Books/Resources .....



# YOGA POSES



- 1 Child's Pose 
- 2 Cobra 
- 3 Down Dog 
- 4 Warrior Poses 
- 5 Tree Pose 

# MANTRA MEDITATIONS



Set a timer for 5-10 minutes. Sit comfortably with your eyes closed and let yourself feel calm and grounded. As you breathe, choose one of these mantras to repeat in your mind.

- 1 Inhale: I Am  
Exhale: Really Awesome
- 2 Inhale: Here and Now  
Exhale: Present Moment
- 3 Inhale: I Am  
Exhale: Filled with Peace
- 4 Inhale: I Feel  
Exhale: Strong and Resilient
- 5 Inhale: I Am  
Exhale: Fully Empowered



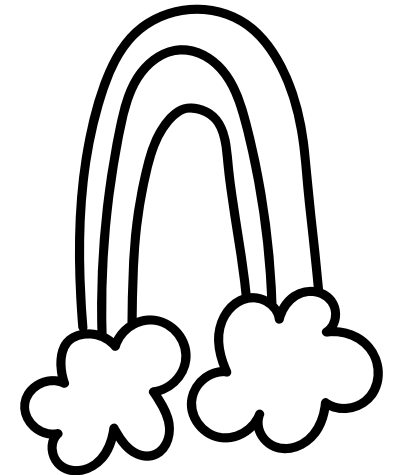
# BOOKS AND RESOURCES



- Brain Gym**  
[www.braingym.com/shop/](http://www.braingym.com/shop/)
- Yoga for Classrooms**  
[www.yoga4classrooms.com/](http://www.yoga4classrooms.com/)
- EFT/Tapping**  
*The Tapping Solution for Teen Girls by Christine Wheeler and Nick Ortner*  
[www.tappingsolutionfoundation.org/](http://www.tappingsolutionfoundation.org/)
- Yoga/Meditation Videos**  
[www.headspace.com/](http://www.headspace.com/)
- Healthy Cosmetic Guide**  
[www.ewg.org/skindeep/](http://www.ewg.org/skindeep/)



# Empowerment4Girls Empowerment Camp Zine



[empowerment4girls.com](http://empowerment4girls.com)