





What is..
Anchor



Connect with yourself and others!

Anchors are people in your life who make you feel safe



What is...
Move



Unblock and release
stuck energy



What is...
Breathe



BREATH is your superpower!

It helps reduce worry and
tricky feelings.



What is...
Express



Express your
feelings to thrive!



What is...
Relax



Rest, Restore &
Relax...
To help your mind
and body heal



Anchor



Move



Breathe



Express



Relax