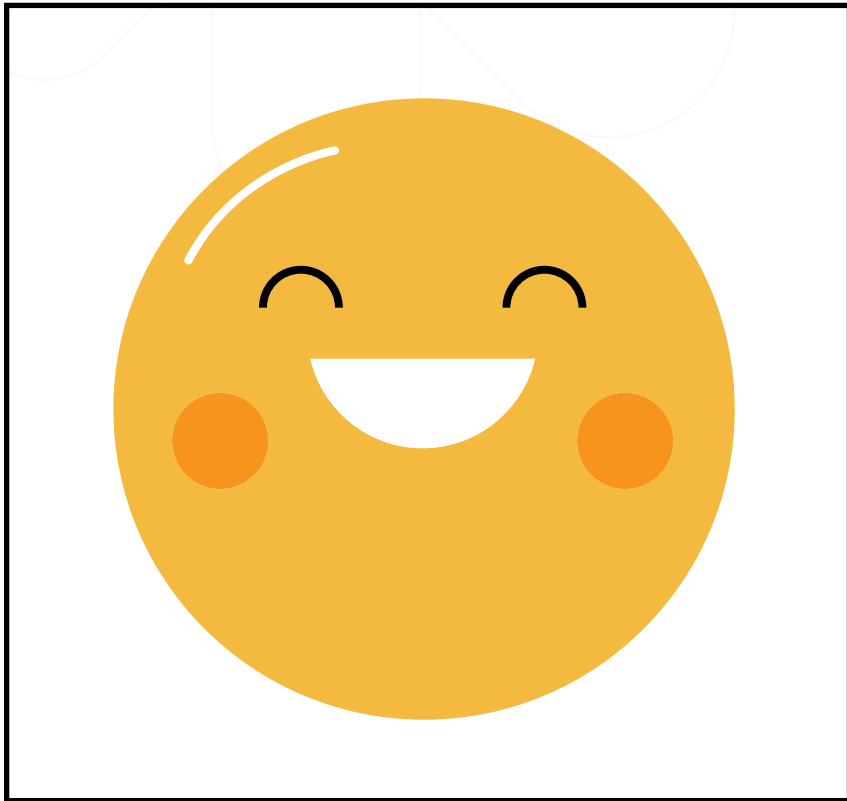
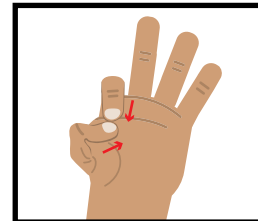
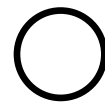


Four Finger Affirmations

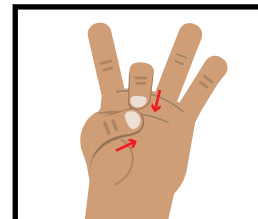
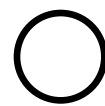
Pick four words that help you feel calm and confident. As you say each word, connect each finger with your thumb



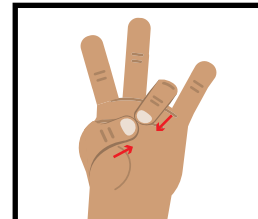
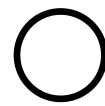
Example: "I will be ok."



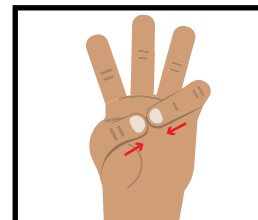
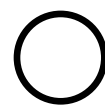
"I"



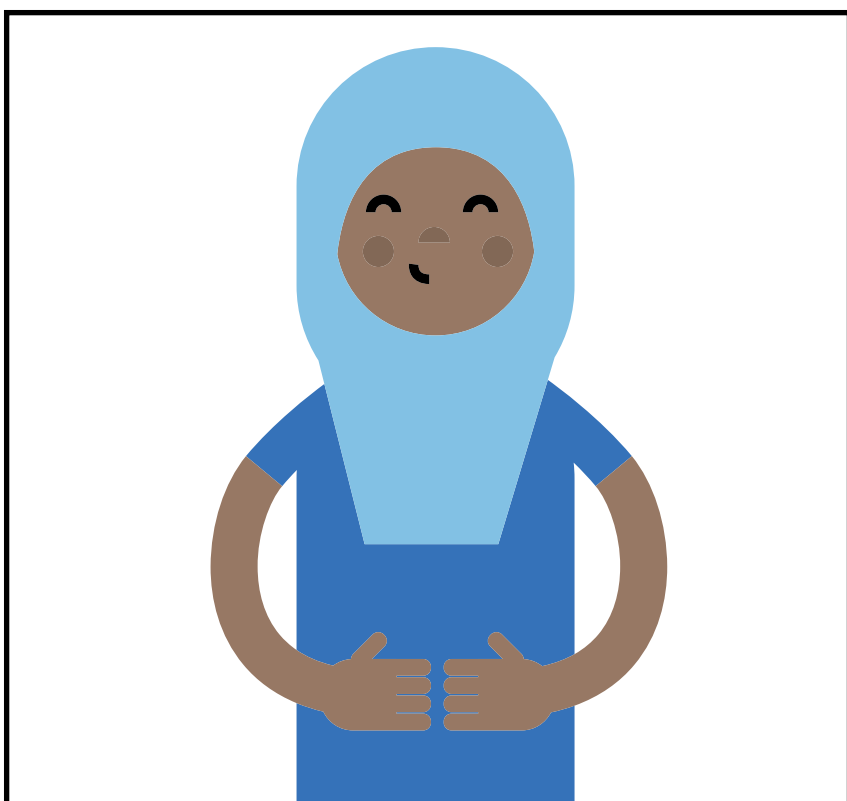
"will"



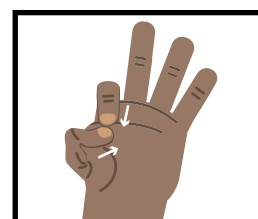
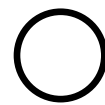
"be"



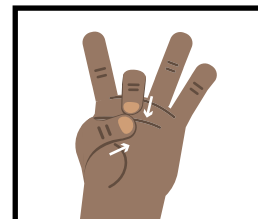
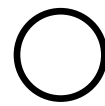
"ok"



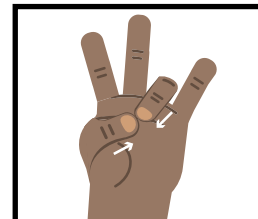
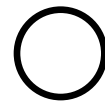
**Example: "Breathe. Smile.
Calm. Happy."**



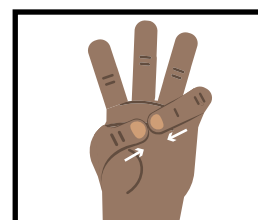
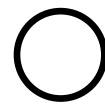
"Breathe"



"Smile"



"Calm"



"Happy"

