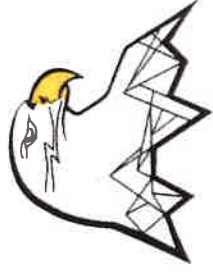




# UPLANDS Healthy Habits TEA



You are responsible for your thoughts, emotions, and actions  
Be kind to yourself and others

STRATEGIES	THOUGHTS	EMOTIONS	ACTIONS
<p>Practice daily gratitude</p> <p>Get rid of the stinkin' thinkin'</p> <p>I can't do it YET</p> <p>Don't give up</p> <p>Everyone has their own point of view (I See, You See)</p> <p>Take pride in yourself</p> <p>We are all pieces of the same puzzle</p> <p>Be present</p> <p>It's not always bullying</p>	<p>All emotions are okay</p> <p>Which zone are you in?</p> <p>Use strategies to get to the green:</p> <p><i>60 Second Fix</i></p> <p><i>Count up/down</i></p> <p><i>Exercise/walk it out</i></p> <p><i>Quiet activity</i></p> <p><i>Drink of water</i></p> <p><i>Sensory path</i></p> <p><i>Spaghetti technique</i></p> <p><i>Five senses grounding</i></p> <p>Have empathy</p>	<p>Everybody makes mistakes/poor choices</p> <p><i>Own it</i></p> <p><i>Fix it</i></p> <p><i>Learn from it</i></p> <p><i>Move on from it</i></p> <p>Paddle your own canoe</p> <p>Match the size of your reaction to the size of the problem</p> <p>Your words have power – use them to solve problems, not create problems</p> <p>Think before you act</p> <p>Get enough sleep</p> <p>Exercise daily</p> <p>Eat healthy</p> <p>Spend time in nature</p> <p>Power off</p>	<p>Wolf is a great communicator.</p> <p>Beaver is our diligent collaborator.</p>
<p>CORE COMPETENCIES</p>	<p>Raven is a creative thinker.</p> <p>Salmon is a critical thinker.</p>	<p>Bear is our great protector</p> <p>Orca is our guardian and navigator of the sea.</p>	<p></p> <p></p>