



The Room of Requirement: A Quiet Space

Please feel free to move around the room to whatever station you feel would be most helpful.

Please be quiet and courteous to others.

If you'd like to socialize, please go to the Leader Lounge (Room 319).

Thank you and enjoy your time in this space!



Calming Affirmations

**This is only temporary,
and this feeling will not
last forever.**

**Challenges bring
opportunities.**



Helpful (FREE) Apps To Try!



Yoga Anytime Videos



STOP, BREATHE
& THINK



Relax Melodies



Calming Affirmations

**Every breath I inhale
calms me.**

**Every breath I exhale
takes away tension.**



Scan this QR Code for Our Health and Wellness Handout



Calming Affirmations

**Feelings come and go like
clouds in a windy sky.
Conscious breathing is my
anchor.**

**I am letting go of all my
worries and fears.**

HIGH POWER POSE



STANDING, WIDE STANCE

ARMS RAISED IN A "V" ABOVE THE HEAD



HANDS ON HIPS

ARMS CROSSED BEHIND THE HEAD, SITTING OR STANDING



LOW POWER POSE

SITTING WITH HANDS FOLDED IN THE LAP



ARMS CROSSED OVER THE CHEST

ONE ARM ACROSS THE BODY IN A SELF HUG



HUNCHING



Calming Affirmations

**You are not your thoughts
and feelings, and they
don't have to bring you
down.**

My mind is slowing down.

Grounding Exercise

*For use during a panic attack,
when you need to stay calm,
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

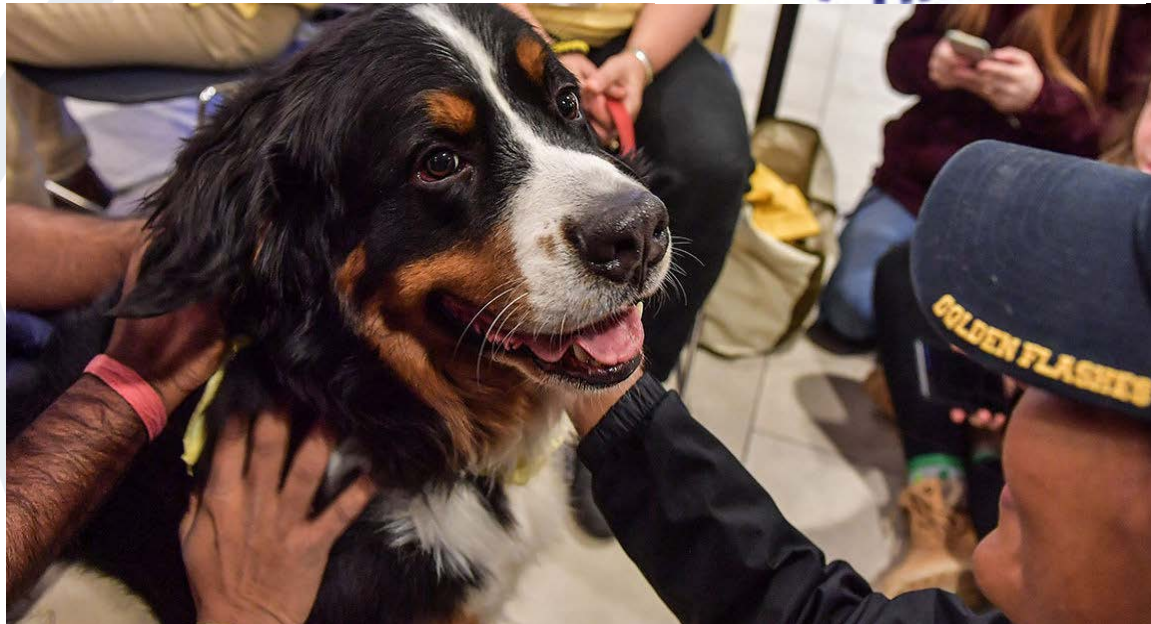
2 things you **smell**

1 thing you **taste**

puzzlepeacecounseling.com

Dogs on Campus: Dog Therapy Resource

Go to
www.dogsoncampus.org
for schedules and
requests!



Calming Affirmations

I acknowledge that the only constant in life is change, and I am prepared for it.

I see stressful situations as challenges that I can overcome.

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground,
press your toes into
the floor, squeeze
playdough



5 senses

wear your favorite
sweatshirt, use
essential oils,
make a cup of tea



self- soothe

take a shower or
bath, find a
grounding object,
light a candle



observe

describe an object
in detail: color,
texture, shadow,
light, shapes



breathe

practice 4-7-8
breathing: inhale
to 4, hold for 7,
exhale to 8



distract

find all the square
or green objects in
the room, count by
7s, say the date



Calming Affirmations

**I am welcome and
wanted here.**

**I deserve a peaceful
and loving life.**



Thank you for visiting The Room of Requirement: A Quiet Space