

KARATE POINT

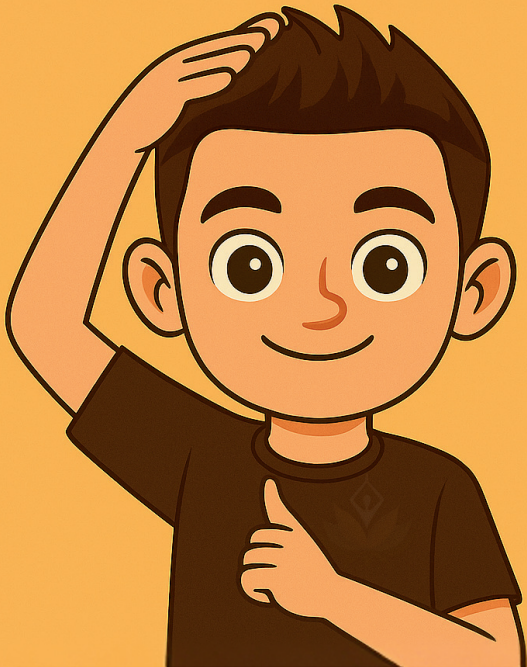
Side of your hand



Even though I love my
screen... I'm okay.

TOP OF HEAD

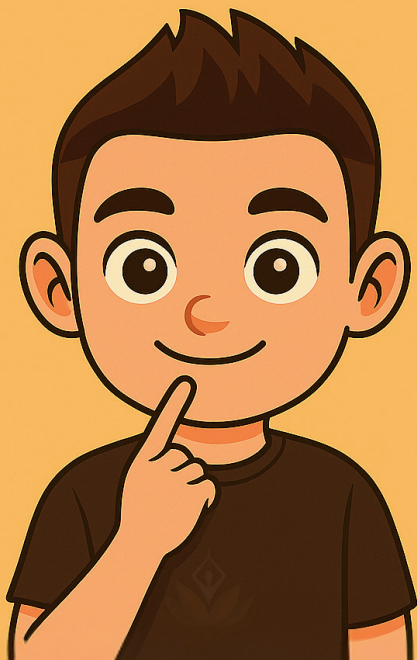
The crown of your head



I press pause.

CHIN

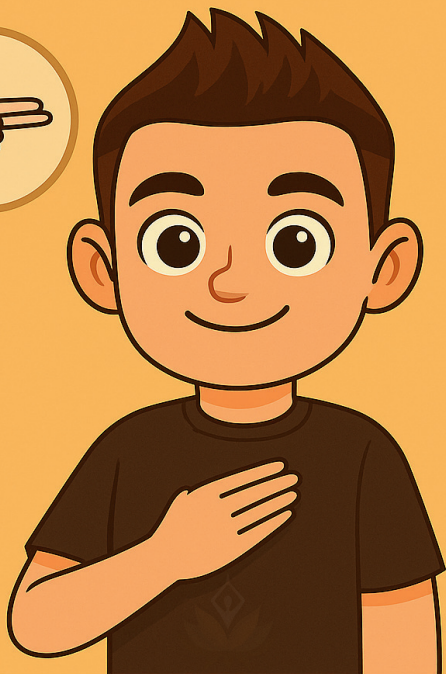
Below your bottom lip



I choose to feel calm.

THYMUS POINT

Center of your chest

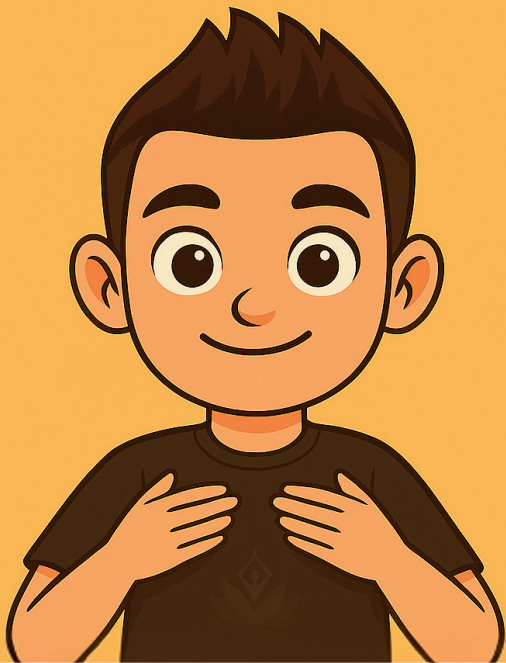


Hannah March

My heart is safe.

COLLARBONE

Just below your collarbone



**I listen to my
body.**

LET'S TAP TOGETHER!

Follow the full sequence

I press pause.

I'm okay.

I choose
calm.

My heart
is safe.

I listen to my
body.



Holistic Mind