









## Full Student Findings

- Doing the stress tree. The whole family got involved, and we each made our own tree. I also liked doing brain gym. It helped with my concentration.
- I liked doing the guided journey. It is so relaxing to clear our mind.
- Body scanning and the stress tree.
- PACE routine works well. Just being out in public has made a huge difference (coming to class)/
- Writing helps me to think before I react. Breathing is also helpful.
- Now I make a schedule for my household to keep up so we all know what's going on with each other
- I liked the letting go ritual.