



## MINDFUL TOOLS TO REDUCE STRESS & ANXIETY

The Most Important 5 Minutes of Your Day

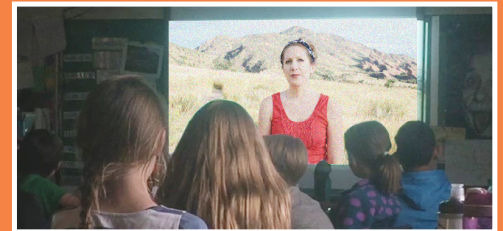


A tool for teachers and students to find calm, together.

In 5 minutes, our self-regulation videos have been proven to:

- Decrease stress & anxiety
- Decrease aggressive behavior
- Increase in emotional regulation & self control
- Increased compassion & attention
- Create a safe environment for all

### THE DOWNLOAD



- 5 minute web-based videos
- No training required!
- Helps students & teachers stop, breathe and take time to respond rather than react
- Creates a healthier classroom culture

*\*On-site trainings/coaching for teachers, administration or students optional*



### RESEARCH

Studies conducted with the University of Denver & Regis University showed an increase in social-emotional development and improved quality of life

### SCIENCE

Videos use techniques that are scientifically proven to reduce the amygdala (fear center of the brain)

### EXPERIENCE

Videos have been developed using a trauma-informed approach with 10 years of experience working with kids ages 3 - 18 in schools

TO LEARN MORE:

<http://radiantbeginningsyoga.com/video>

CONNECT:

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