

# WELCOME TO THE SERENITY ROOM

To help you get started with your self-care practice, we have compiled a list of guided videos and exercises for you to try out. If you have any suggestions for our list, please send them to [dei@gatewaycc.edu](mailto:dei@gatewaycc.edu). If you are not sure how to use this room, try out one of the suggestions below!

## RELAXATION GUIDE

### 1 MINUTE BREATHING EXERCISE

1. Sit down and place your hand on your belly button so you can feel the rise and fall of your stomach as you breathe.
2. Breathe in slowly and fully.
3. Pause for a count of three.
4. Breathe out.
5. Pause for a count of three.
6. Continue to breathe deeply for one minute, pausing for a count of three after each breath in and out.
7. Pay attention to your body as you breathe, and try to relax into the support of your seat.

### 3 MINUTE BODY TENSION RELAXATION

1. Take a seat to check your body for tension.
2. Relax your facial muscles and allow your jaw to open slightly.
3. Let your shoulders drop.
4. Let your arms fall to your sides.
5. Allow your hands to loosen so there are spaces between your fingers.
6. Uncross your legs or ankles.
7. Feel your thighs sink into your chair, letting your legs fall comfortably apart.
8. Feel your shins and calves become heavier and your feet grow roots into the floor.
9. Now breathe in slowly and breathe out slowly.

## MOVEMENT GUIDE



### CHILD'S POSE

1. Sit on your knees, keeping your buttocks on your heels.
2. Bend over and place your head on the floor. *\*If difficult, sit with your knees slightly apart.*
3. Position your arms beside you, next to your head.
4. Deeply inhale and exhale slowly 8 times.



### CAT-COW

1. Begin on the floor on your hands and knees with your back in a neutral position.
2. Inhale as you arch your back in by dropping your belly button toward the floor and look upward toward the ceiling and hold.
3. Exhale as you round your back toward the ceiling like an angry cat, lower your head, and drop your shoulders.
4. Move between these two positions gently and slowly for 5-8 times.



### UPWARD FACING DOG

1. Lay flat on your front with your face toward the mat.
2. Point your toes outward.
3. Spread your hands flat on the floor and push yourself upwards until your upper body is off the floor.
4. Lift your chest and head until your back curves.
5. Take 5-8 deep breaths.
6. Gently release your upper body back down on the mat.

## JOURNALING GUIDE: Choose a prompt below and try writing for a full minute

1. **Mindfulness:** Reflect on your current relationship with mindfulness. How often do you engage in mindful practices, such as meditation or being fully present in the present moment? How has mindfulness impacted your mental and emotional well-being? What are the challenges you face in cultivating a regular mindfulness practice, and how can you overcome them?
2. **Gratitude:** Recall a recent experience where someone went out of their way to help you or show kindness. Describe how their actions made you feel and how you expressed your gratitude. How can you incorporate similar acts of kindness into your own life?
3. **Identity:** How does your cultural background influence your sense of identity? Reflect on the values, traditions, and beliefs that shape who you are and how they impact your interactions with others.
4. **Belonging & Connection:** Reflect on a time when you felt a strong sense of belonging and connection to a group or community. What were the factors that contributed to this feeling? How did it impact your overall well-being and sense of identity?
5. **Purpose & Meaning:** Describe a time when you felt a deep sense of purpose or fulfillment. What were the circumstances that led to this experience? How did it impact your motivation, sense of self, and overall well-being?
6. **Resilience:** Consider a time when you felt like giving up on a goal or aspiration. What motivated you to persevere and continue working towards it? How did you develop resilience in the face of self-doubt or external pressures? How can you maintain a resilient mindset in the pursuit of future goals?

**FREE APPS:** [Insight Timer: Guided meditation](#)  
[How We Feel: Emotion tracking](#)

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