



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University Center for Child and Human Development

www.ecmhc.org



*Promoting Mental Health for Head
Start Children, Families, and Staff*



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University Center for Child and Human Development

www.ecmhc.org



*Promoting Mental Health for Head
Start Children, Families, and Staff*



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University Center for Child and Human Development

www.ecmhc.org



*Promoting Mental Health for Head
Start Children, Families, and Staff*



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University Center for Child and Human Development

www.ecmhc.org



*Promoting Mental Health for Head
Start Children, Families, and Staff*

Deep Breathing is a proven way to reduce stress:

1. Sit in a relaxed position.
2. Close your eyes.
3. Breathe in slowly and deeply through your nose. Hold for a few seconds.
4. Exhale through your mouth as if you were blowing out a candle.
5. Repeat at least 3 times.

You can do this at your desk, in your classroom, on the bus, or anywhere!

Deep Breathing is a proven way to reduce stress:

1. Sit in a relaxed position.
2. Close your eyes.
3. Breathe in slowly and deeply through your nose. Hold for a few seconds.
4. Exhale through your mouth as if you were blowing out a candle.
5. Repeat at least 3 times.

You can do this at your desk, in your classroom, on the bus, or anywhere!

Deep Breathing is a proven way to reduce stress:

1. Sit in a relaxed position.
2. Close your eyes.
3. Breathe in slowly and deeply through your nose. Hold for a few seconds.
4. Exhale through your mouth as if you were blowing out a candle.
5. Repeat at least 3 times.

You can do this at your desk, in your classroom, on the bus, or anywhere!

Deep Breathing is a proven way to reduce stress:

1. Sit in a relaxed position.
2. Close your eyes.
3. Breathe in slowly and deeply through your nose. Hold for a few seconds.
4. Exhale through your mouth as if you were blowing out a candle.
5. Repeat at least 3 times.

You can do this at your desk, in your classroom, on the bus, or anywhere!



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University, Center for Child and Human Development

www.ecmhc.org

Funded by: Office of Head Start,
ACF, DHHS (#90YD0268)



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University, Center for Child and Human Development

www.ecmhc.org

Funded by: Office of Head Start,
ACF, DHHS (#90YD0268)



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University, Center for Child and Human Development

www.ecmhc.org

Funded by: Office of Head Start,
ACF, DHHS (#90YD0268)



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University, Center for Child and Human Development

www.ecmhc.org

Funded by: Office of Head Start,
ACF, DHHS (#90YD0268)