

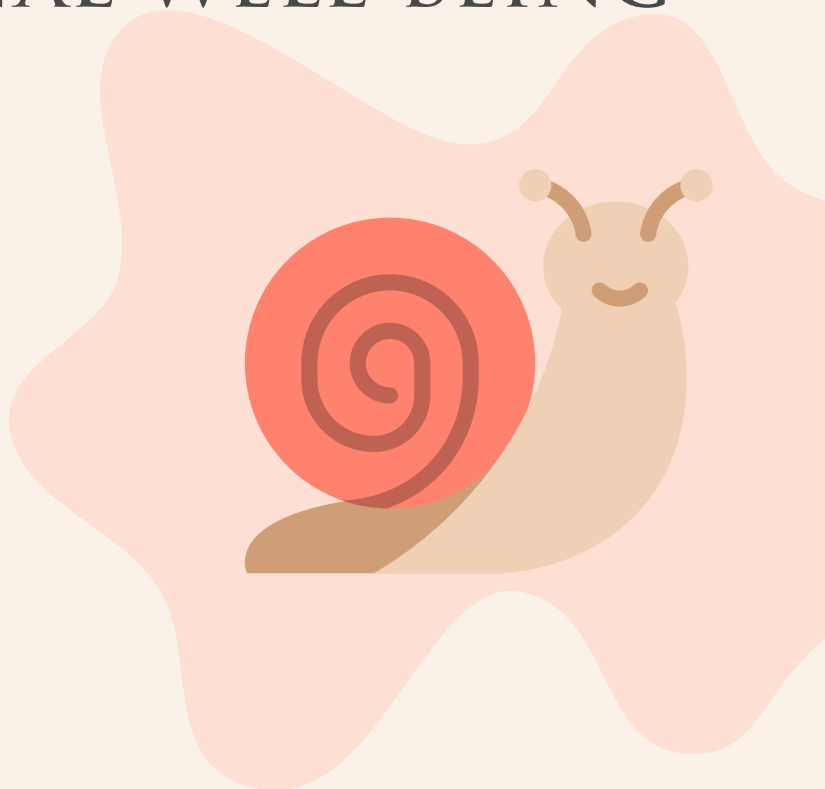


# S.C.O.P.E.

FOR EMOTIONAL WELL-BEING

## SLOW DOWN

Allow yourself space  
to slow down  
and take a breathe

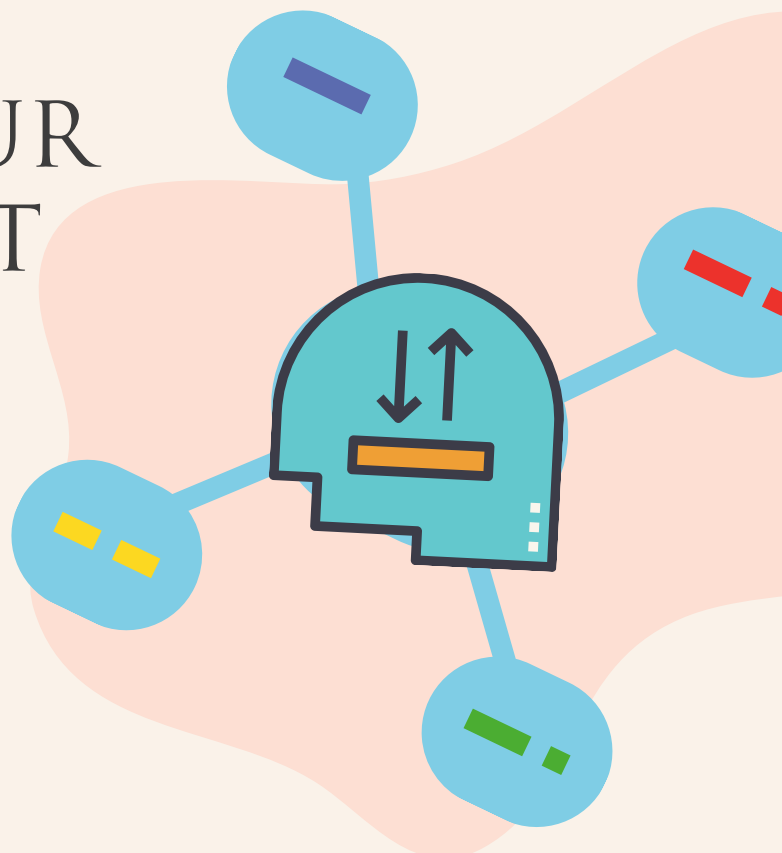


## CONNECT TO YOUR BODY

From the top of your head  
scan down and notice any  
sensations you are experiencing.

## ORIENT TO YOUR ENVIRONMENT

Take in your surroundings,  
notice external triggers or  
internal needs calling  
for attention

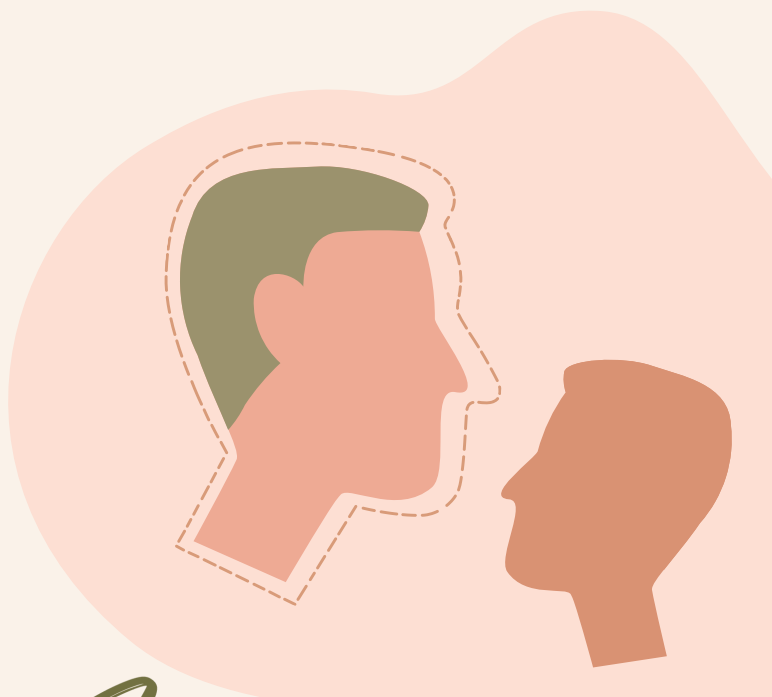


## PENDULATE

Locate a place in your body  
that feels relaxed and focus  
attention to that sensation

## ENGAGE

Connect with someone that  
can provide welcomed support



*L in It*