

UASD PARTNER'S PROGRAM

Create Your Own Calm

MINDFULNESS

Practice actively & openly
paying attention to the
present moment.



DRUM CIRCLE

Share rhythm & collaborative
music-making while making
connections, reducing stress, &
improving mood.

MEDITATION

Train your mind to focus
& redirect your thoughts.



MANAGE STRESS

Identify stressors, develop healthy
coping mechanisms, & practice
relaxation techniques.