

# THE ABC'S FOR PACIFIC ISLANDER RELAXATION



## ACKNOWLEDGE

Acknowledge how different parts of your body respond—simply notice how different parts of your body are reacting to feelings of nervousness (anxiety) or sadness (depression). Identify those parts and simply acknowledge that they are honestly responding for a reason.

## BREATHE

Breathe "in all the good" (say this to yourself) from your stomach area and deeply breathe "out all the bad (or the negative)" from your stomach area again. Repeat this at least 5 times.



## CHOOSE

Choose your favorite statement that inspires you in your Pacific Islander language. For example, "I am stronger than I think I am" in Tongan, Samoan, Maori, Hawaiian, Tahitian, Fijian, Chamorro, Marshallese, etc. Repeat this at least 3 times.

Practice this everyday to clear your thoughts, emotions, and intensities from your body as often as you need. All three parts are important to help you manage different parts of yourself.

**YOU ARE IMPORTANT! BE GOOD  
TO YOUR NATURAL POLY SELF!**