



CALM YOUR MIND, FEEL STRONG!



You are more
than epilepsy.
You are

AWESOME!

FUN WAYS TO CALM NEGATIVE THOUGHTS

When worries about seizures or feeling different take over,
try these fun activities to help your body relax and your mind reset.

BLOW-AND-MOVE GAME

Pretend you're blowing
a giant bubble. Take a
slow breath in, then
slowly "blow" it out
while moving your
arms outward.



Why it helps:

Slow breathing and
gentle movement help
your body relax and
quiet busy thoughts.



BALANCE CHALLENGE

Stand on one foot,
then the other. Try
balancing while
pretending to be a
flamingo, tree, or
superhero.



Why it helps:

Balance helps your
brain focus on your
body instead of worries.
It builds confidence,
strength, and calm!



It's okay
to wobble.
Just try
again!


EAENA
Epilepsy Association
Northern AB
AWARENESS • EDUCATION • ADVOCACY
UNDERSTANDING CHANGES LIVES



Remember: You are NOT your epilepsy. You are strong, brave and unique!