

DON'T STRESS

ULTRAMAN
RISING
ONLY ON **NETFLIX** | JUNE 14



In **ULTRAMAN: RISING**, Ultraman finds himself battling monsters, working through a new caregiver role, and (as Ken Sato) playing in the big leagues of baseball...all stressful positions.

Daily life can bring stresses. Don't forget to take a moment each day for yourself, and get ready to conquer (and perhaps save) the world!

STEP 1

Find a quiet place to sit with your eyes closed.

STEP 2

Take an **ULTRA** deep breath.

STEP 3

Breathe out slowly.

STEP 4

Breathe in again. Feel the air fill your lungs as your lower belly rises.

STEP 5

Breathe out again.

STEP 6

Take a **SUPER** moment of pause. Engage all of your senses.

*Do you feel **ULTRA** ready to take on the day?*



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