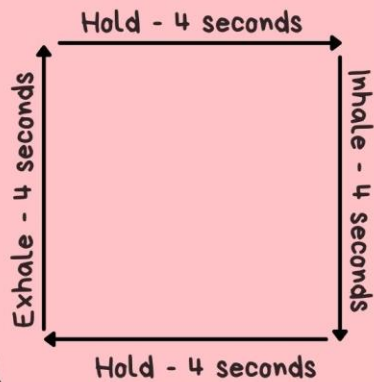


KEEPING CALM

Calming and grounding techniques are a good way to help when we feel worried or anxious. It helps us to refocus our attention and overcome those unpleasant feelings, so we can feel better and do more.

BOX BREATHING



4-7-8

Breathe into your diaphragm (imagine a balloon inflating below your rib cage).

Breathe in through your nose for 4 seconds.

Hold your breath for 7 seconds.

Breathe out through your mouth for 8 seconds.

PROGRESSIVE MUSCLE RELAXATION

Working through your whole body, slowly tense, and then relax each muscle.

Progressive muscle relaxation is an exercise that reduces stress, tension and anxiety in the body. It provides an immediate feeling of relaxation and can also help with sleep difficulties. It works best when practiced frequently.

KEEPING CALM

Calming and grounding techniques are a good way to help when we feel worried or anxious. It helps us to refocus our attention and overcome those unpleasant feelings, so we can feel better and do more.

5, 4, 3, 2, 1

Take notice of your senses by thinking of: 5 things you can see, 4 things you can hear, 3 things you can feel/touch, 2 things you can smell and 1 thing you can taste.

FACTS

Think about and name facts that are happening around you right now. For example: My name is... My age is... My favourite colour is... The weather is... I am wearing...

SEARCH THE ROOM

Think of a category and search the room for it. For example, look for: Everything that is a ... colour, everything that is a ... shape, things that feel of... things made of ...