

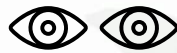
5 SENSES

Anxiety comes in many forms. You might feel overwhelmed, or you might feel restless. When you are feeling this way, it is important to ground us back into the present moment. This exercise will help you do this.

Start by taking a few slow, deep breaths.

Then look around you and find:

5 things you can **see**



4 things you can **touch**



3 things you can **hear**



2 things you can **smell**



1 thing you can **taste**



Repeat this a few times.

If this is not working, it might not be what you need right now. Perhaps speaking to someone might help.

BOX BREATHING

Controlling your breathing can help reduce feelings of anxiety and stress. Box breathing is a simple strategy that you can do anywhere without anyone knowing that you are doing it.

The 4 steps of box breathing:

Breathe in for 4 seconds
Hold your breath for 4 seconds
Breathe out for 4 seconds
Hold for 4 seconds



Repeat this for as long as you need to, until you start to feel calmer again.

If this is not working, it might not be what you need right now. Perhaps speaking to someone might help.

SPIRAL Breathing

Controlling your breathing can help reduce feelings of anxiety and stress. Spiral breathing uses nasal breathing. In spiral breathing, the outbreath is longer than the inbreath, which helps activate the parasympathetic nervous system. This helps reduce our heart rate and helps us regulate our stress response.

Breathe in through your nose slowly for a count of 4 while drawing or tracing the outline of a spiral.

Breathe out through your nose for a count of 6 while drawing or tracing the outline of the spiral in reverse.

Repeat until you feel calm and grounded again.



Spiral breathing can be done on paper so it looks like you are doodling.

You can trace a spiral pattern on your palm or a wall if you do not have pen and paper available.

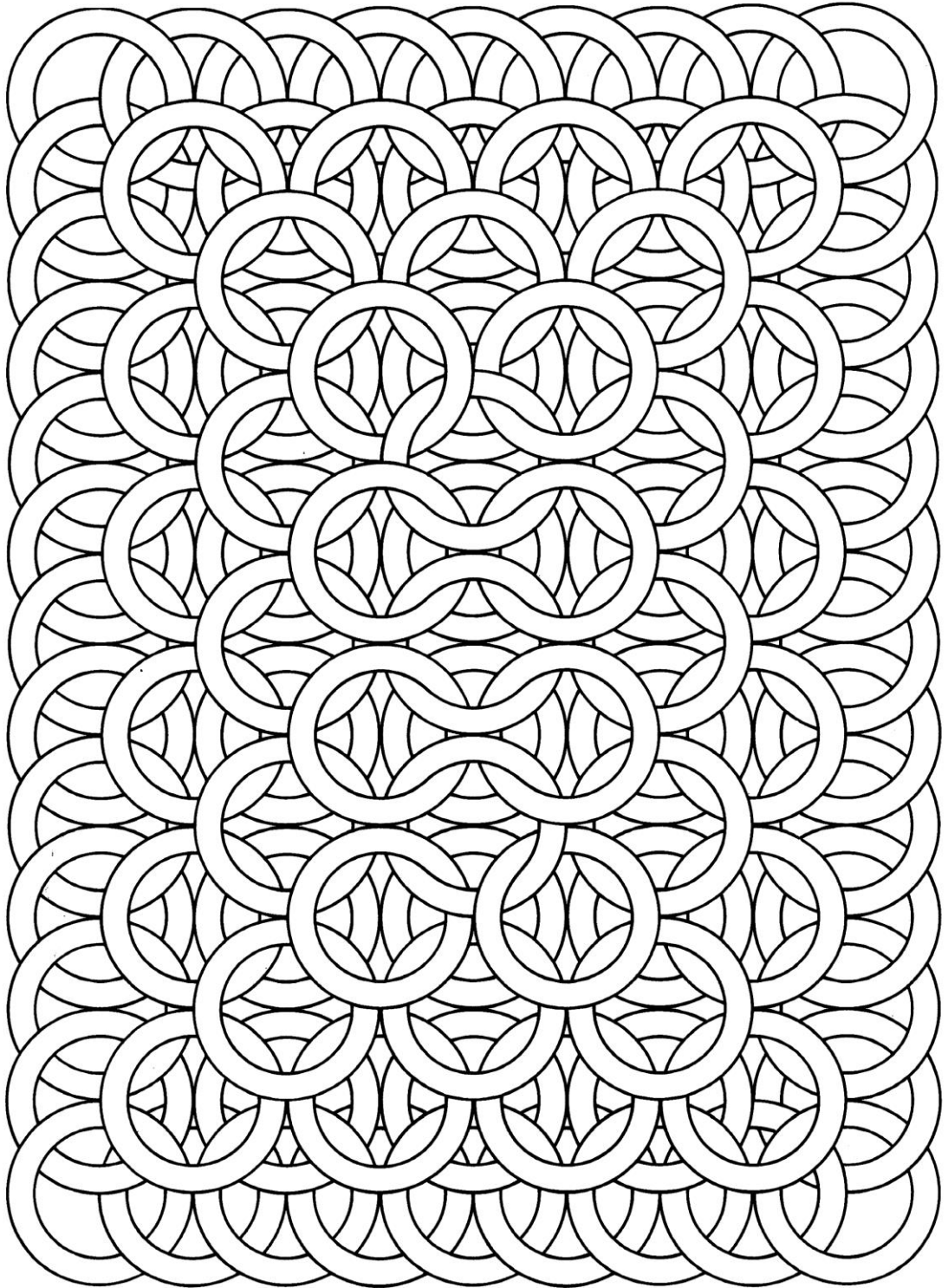
If this is not working, it might not be what you need right now. Perhaps speaking to someone might help.

POSITIVE AFFIRMATIONS

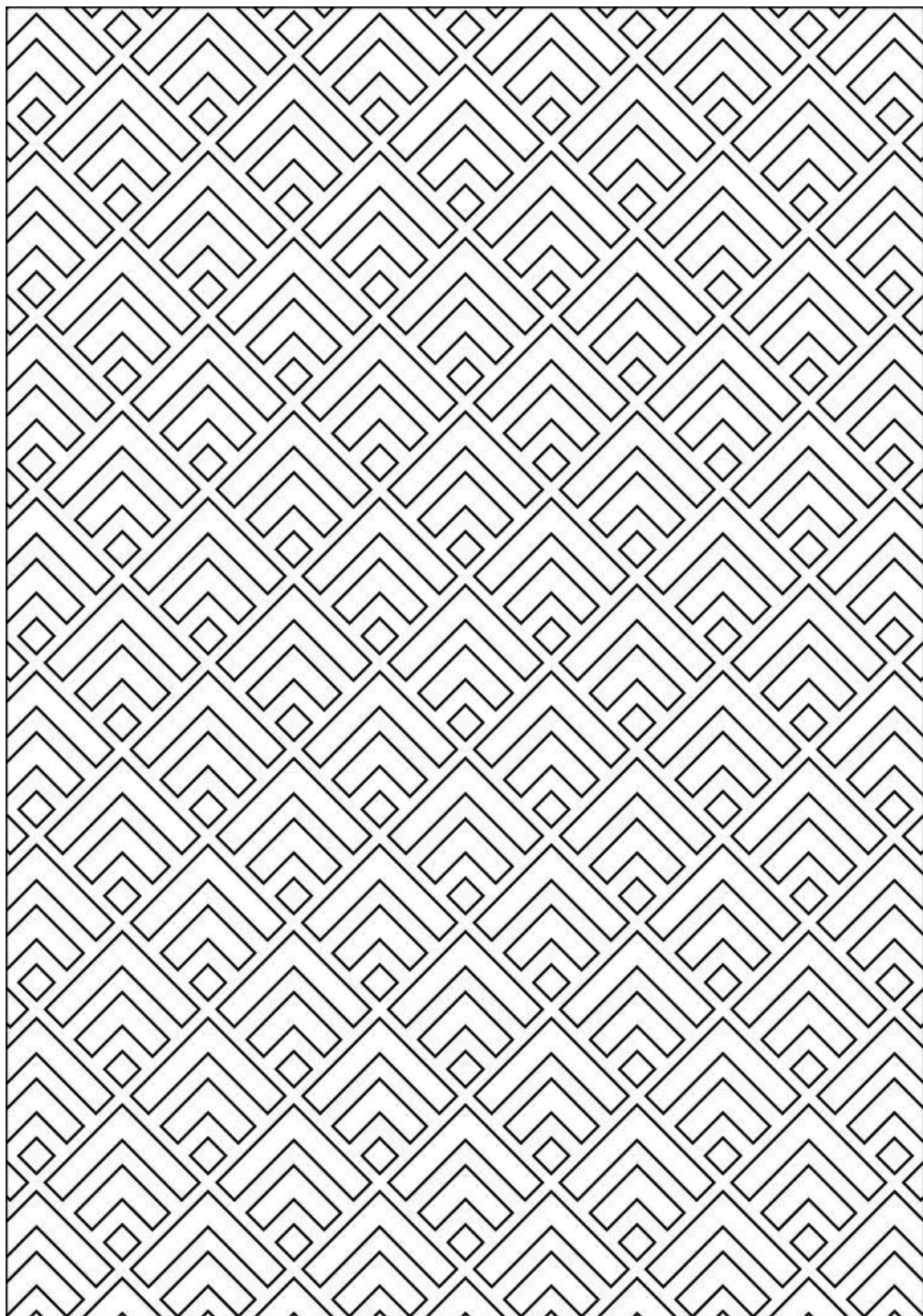
Positive affirmations can help reduce anxiety and boost confidence. Repeat a chosen affirmation to yourself, either by saying it out loud or in your head.

1. I am enough.
2. I can work through my problems.
3. Today I am a leader.
4. I am happy.
5. I am calm.
6. I am confident.
7. I deserve the best.
8. I am worthy.
9. I have courage.
10. I am brave.
11. My challenges help me grow.
12. I am in control.
13. I forgive myself for my mistakes.
14. It is ok not to know everything.
15. I am proud of myself.
16. I believe in myself.
17. Every day is a fresh start.
18. It is enough to do my best.
19. I am resilient and strong.
20. My mistakes help me grow.
21. I will succeed today.
22. I am uniquely me.
23. I am motivated.
24. I am capable.

MINDFUL COLOURING



MINDFUL COLOURING



PICK A COLOUR

This technique is a distraction technique.

It works by re-focussing your mind away from what is worrying you in that moment.

Think of a colour

Look around you and find things in different shades of that colour

Repeat with a different colour until you feel calmer



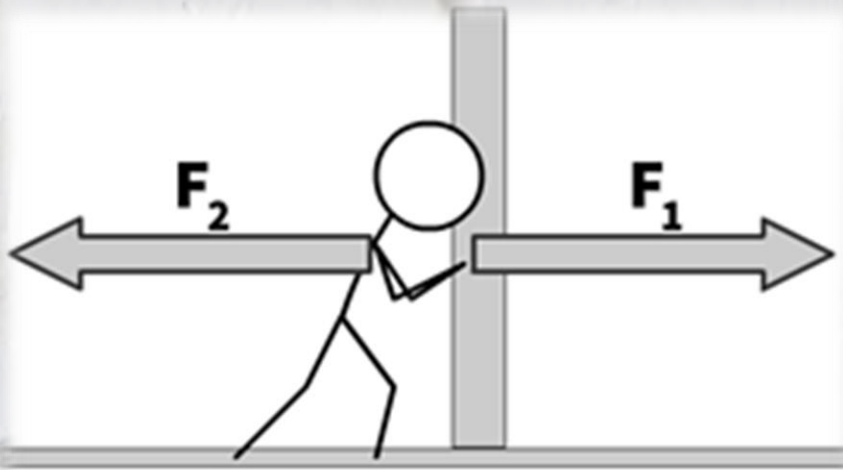
WALL PUSH

This technique is designed to ground you.

Push against a wall with your palms flat and feet firmly planted on the floor

Push for 15-20 seconds

Focus on your breathing while you are doing this:
slow breaths in and slow breaths out



POSITIVE POST-ITS

When you have not had a great day, focus on the positives to reframe your thoughts.

Take 5 minutes to think about:

- some of your positive experiences
- things you have worked hard to achieve
- positive things others have said about you
 - things you are looking forward to

Write down all these positives on post-its.

