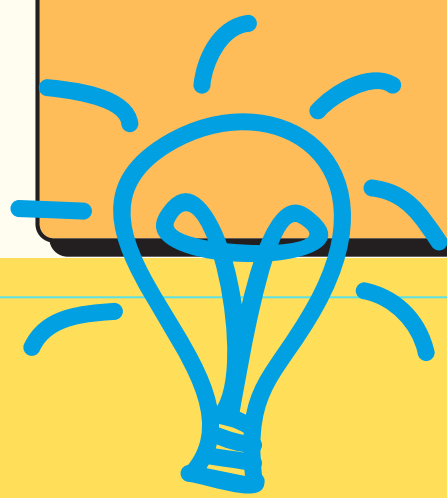


Keeping Calm and Self-Care

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

Facts...

Think about and name facts about what is going on right now. For example, think:
My age is... My name is... I am wearing...
The weather is... I am in...



Room Search

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 ...

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 1 thing you can taste.

Self-Care Menu

By thinking about things to help us calm down we can then do the things we want/need to do and feel better and happier.

Listen to your favourite song	5 mins
Take a few deep breaths	5 mins
Stretch your body	5 mins
Write down your thoughts	15 mins
Follow a guided meditation	15 mins
Check in with your emotions	15 mins
Cook a new recipe	30 mins
Read a book or magazine	30 mins
Go for a long stroll outside	30 mins