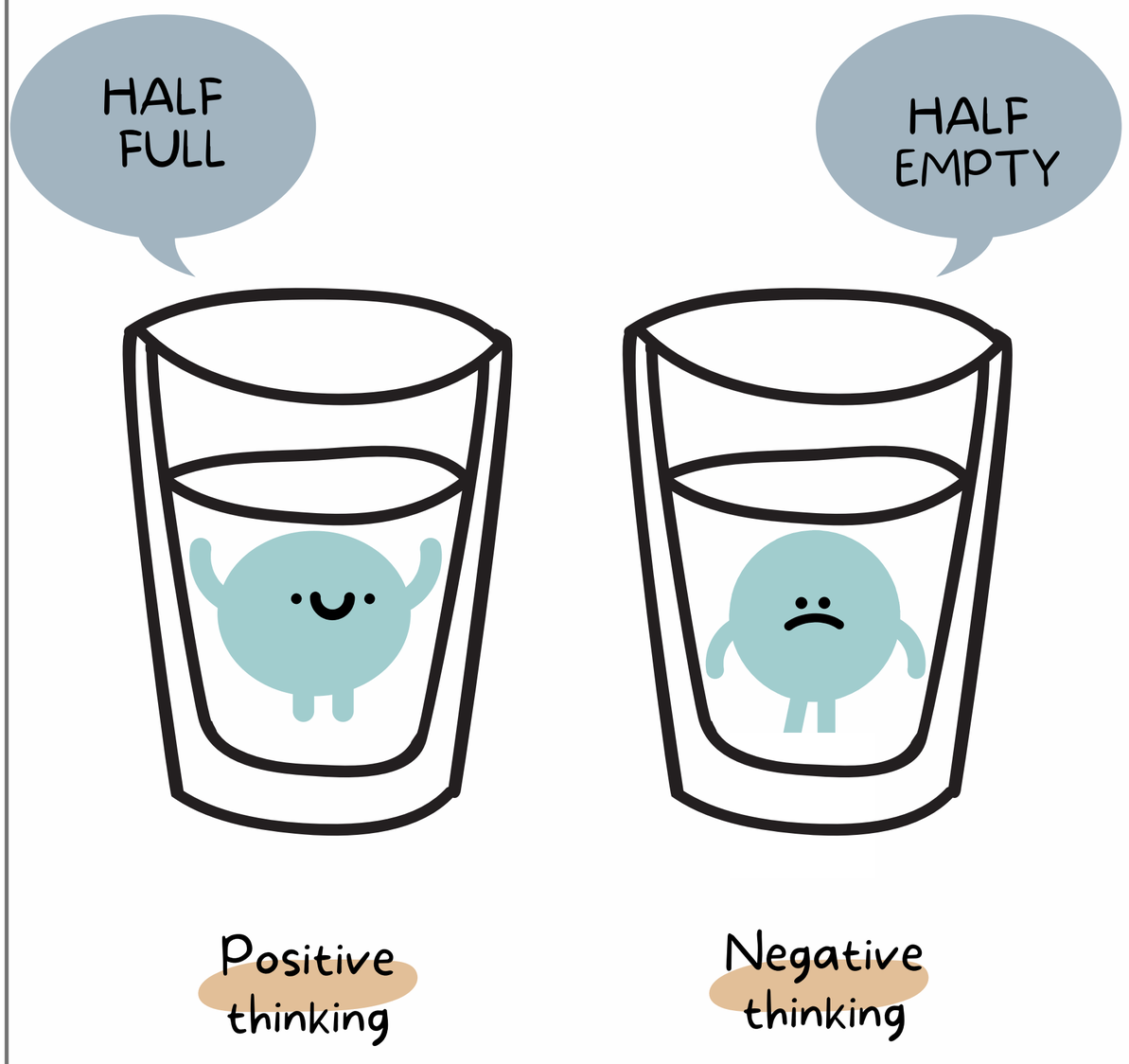
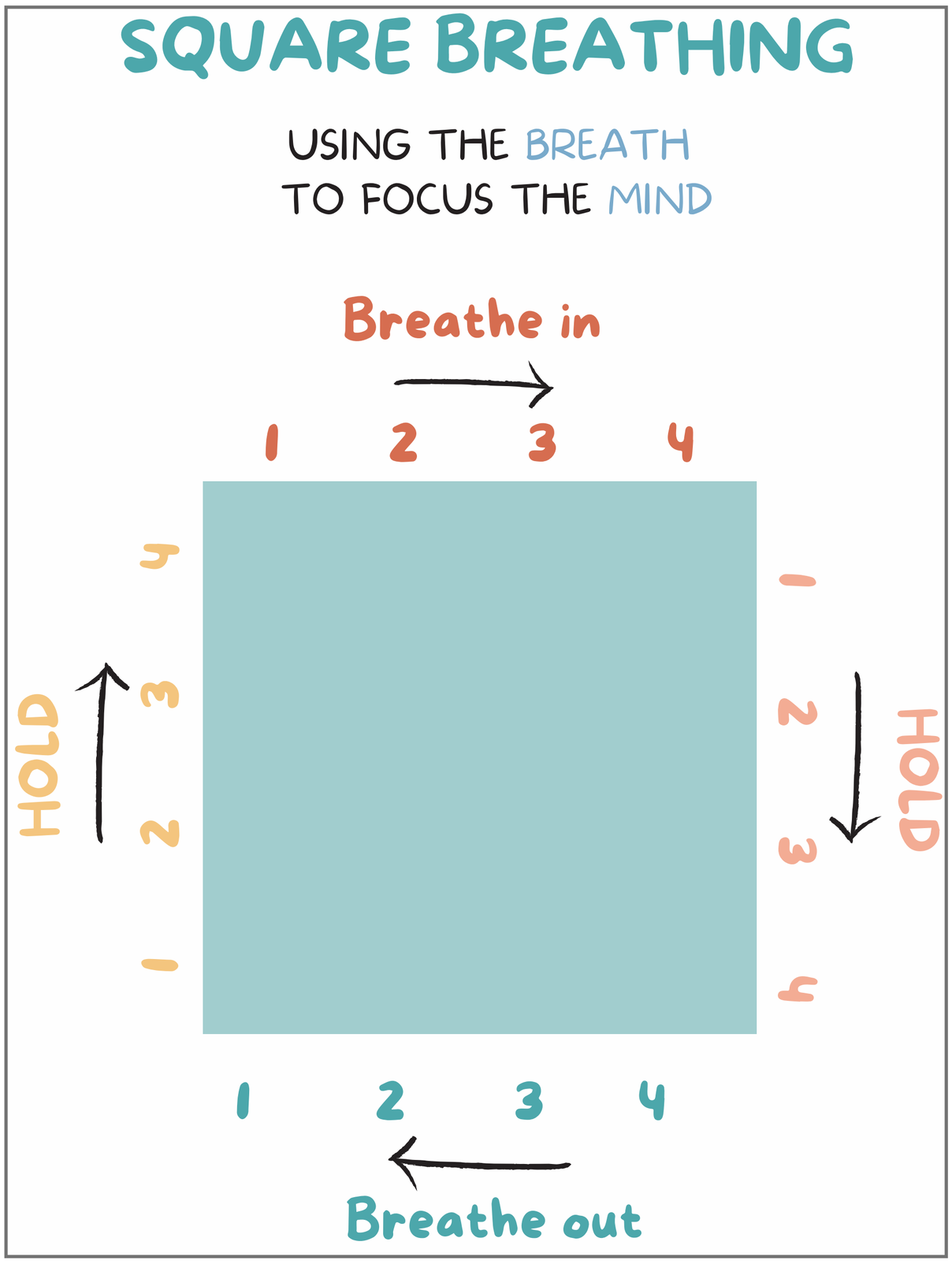
MY ANXIETY DOES NOT DEFINE ME

WHICH GLASS ARE YOU?

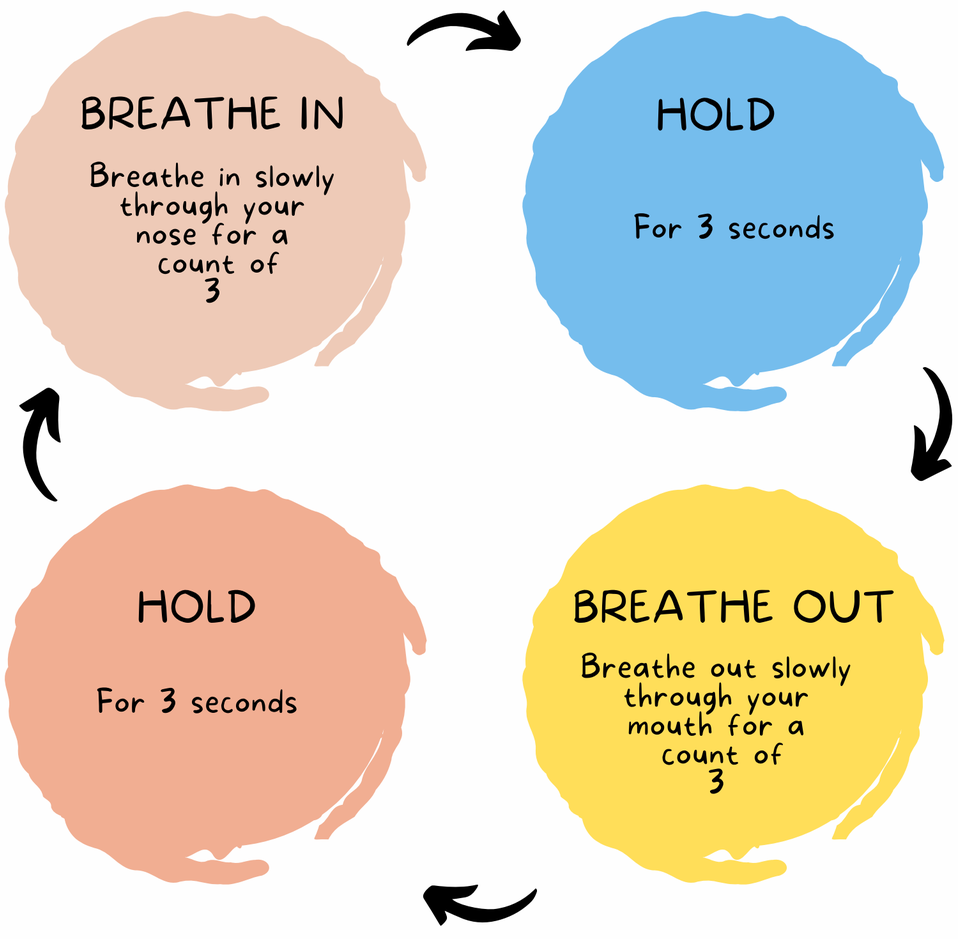


SQUARE BREATHING

USING THE BREATH
TO FOCUS THE MIND



MINDFUL MINUTE



Repeat 5 times

THOUGHT STOPPING TECHNIQUE

S

STOP

Interrupt your negative thinking with the command STOP! And pause with what you were doing

T

TAKE A BREATH

Practice some deep breathing techniques to slow your heart rate down

O

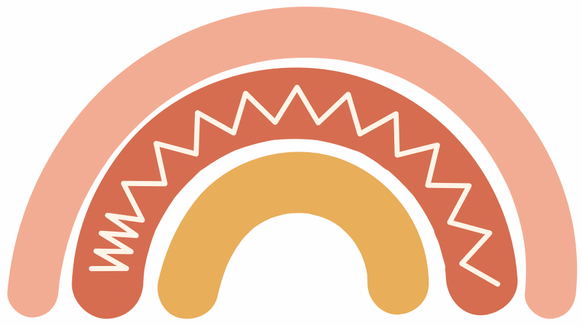
OBSERVE

Observe your thoughts, feelings and behavior. How does your body feel?

P

PROCEED

Purposefully and mindfully proceed with your next activity, one step at a time



CHALLENGING NEGATIVE THOUGHTS

AM I MAKING ASSUMPTIONS?

IS THERE ANOTHER WAY TO LOOK AT IT?

ARE THERE OTHER POSSIBLE OUTCOMES?

IS THERE EVIDENCE FOR THIS WORRY?

WHAT ADVICE WOULD I GIVE TO A FRIEND?

IS THIS WORRY IN OR OUT OF MY CONTROL?

WAYS TO STAY CALM

DO SOME DEEP BREATHING

COUNT BACKWARDS FROM 10

THINK OF A HAPPY MEMORY

VISUALISE YOUR SAFE PLACE

DO SOME EXERCISE

COUNT ALL THE BLUE OBJECTS IN THE ROOM



SELF CARE CHECKLIST

- EAT 3 HEALTHY MEALS
- 7+ HOURS OF SLEEP
- DRINK FRESH WATER
- GET FRESH AIR
- PRACTICE MINDFULNESS
- WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
- BRUSH YOUR TEETH
- HAVE A WARM SHOWER
- MAKE YOUR BED
- READ A BOOK
- LISTEN TO MUSIC
- SPEND TIME WITH FRIENDS
- DECLUTTER A SMALL SPACE
- HAVE A SOCIAL MEDIA DETOX
- ASK FOR A HUG
- SPEND TIME WITH FAMILY
- DO A HOBBY
- WRITE IN YOUR JOURNAL
- SAY 5 THINGS YOU LOVE ABOUT YOURSELF
- DO SOME EXERCISE
- WASH YOUR HAIR
- HAVE A CUPPA
- DO NOTHING- ENJOY THE PEACE
- TRY SOMETHING NEW
- DO SOME COLOURING IN
- MAKE YOUR FAVOURITE FOOD

THE POWER OF YET





GROWTH →

- **M** Mistakes are how I learn
- **I** Improvement a little by little each day
- **N** Never give up
- **D** Determination will get me through anything
- **S** Success happens when I work hard
- **E** Effort is how I overcome challenges
- **T** Things are hard before they get easy

I AM ME

I AM KIND

I AM LOVED

I AM HELPFUL

I AM SUPPORTED

I AM UNIQUE

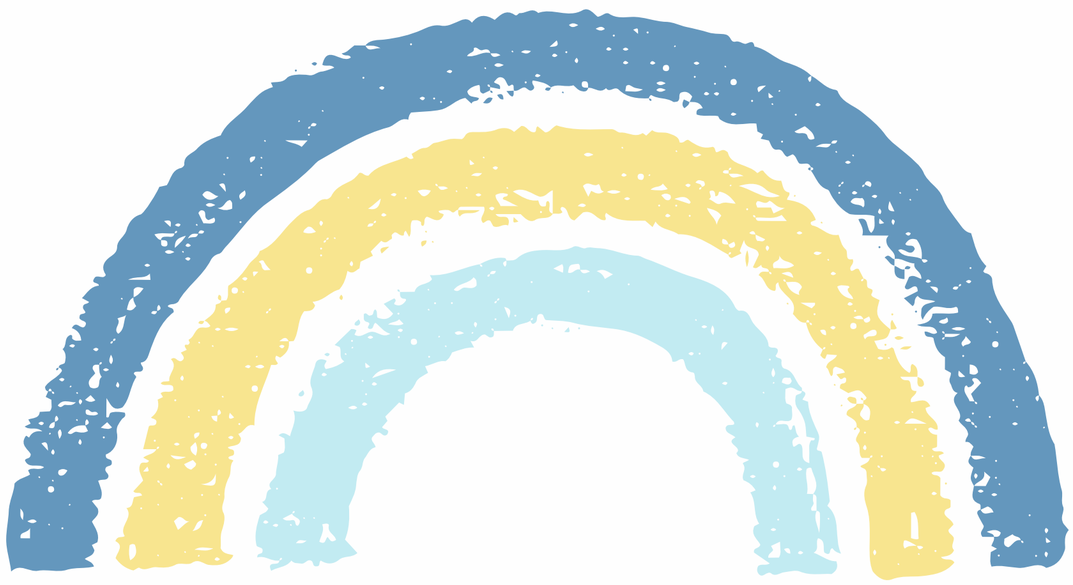
I AM CONFIDENT

I AM IMPORTANT

I AM BRAVE

I AM ENOUGH

I AM STRONG



Place your finger at the bottom of the rainbow

Breathe in through your mouth and trace the red arc of the rainbow

When you reach the top of the arc, exhale slowly until you reach the bottom of the rainbow

Continue with all of the colours until you feel calm