

POSITIVE REMINDERS



I can breathe, I am safe

Things will get better

I can get through this

This feeling will pass

I am stronger than I think

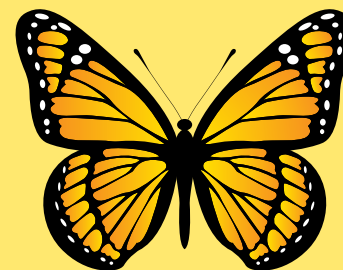


WATCH A CHILDHOOD FILM



Films from our childhood can serve as a comforting reminder of when times were easier and must be cherished to keep those memories alive.

BUTTERFLY BREATHING



As you begin to take a deep breath in, lift your arms out to the sides gently and slowly. Connect your arms with the breath and move them gracefully like they are light as air and flowy. Lift your arms until the inhale is complete and then lower your arms back down while you exhale slowly through your mouth.

COLOUR SEARCH

Scan the room your in and see how many objects you can find of each colour, talking aloud.



LISTEN TO YOUR FAVOURITE SONG



Many studies suggest that listening to music can lower stress hormones as well as blood pressure and heart rate. Search for playlists that are either energising or calming depending on what you need at the time.

REFRAME YOUR THOUGHTS

"I'm a failure for making a mistake"

"Everyone makes mistakes, it's human nature"

THOUGHT CHALLENGING

Is this feeling or fact?

Is my prediction realistic?

Will that really happen?

What would I say to a friend?

How can I reframe this thought?

ASK FOR HELP

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. It's common to feel unsure, and to wonder whether you should try to handle things on your own. But it's always ok to ask for help - even if you're not sure you are experiencing a specific mental health problem.

Talk to your parent/carer, teacher, GP, or phone Mind on 0300 123 3393 or chat online at www.mind.org.uk