TODAY I WILL

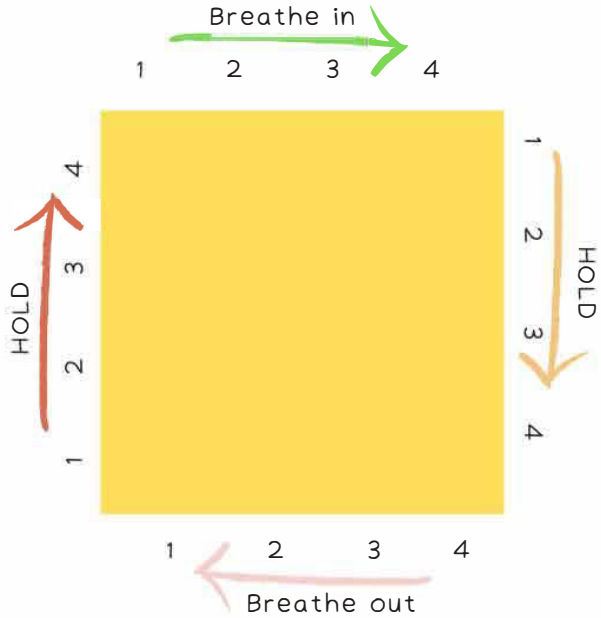
- FOCUS ON MYSELF
- BE MORE POSITIVE
- WORRY LESS
- BE GRATEFUL FOR ALL THAT I HAVE
- SMILE AND LAUGH MORE
- BELIEVE IN ME

CHALLENGING NEGATIVE THOUGHTS

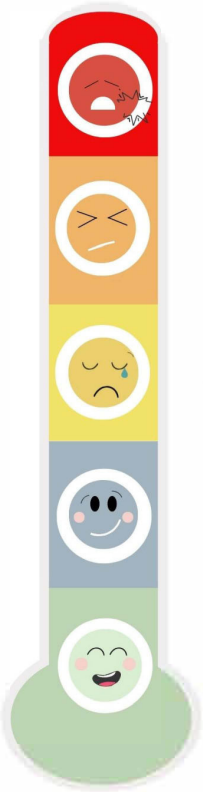
- AM I MAKING ASSUMPTIONS?
- IS THERE ANOTHER WAY TO LOOK AT IT?
- WHAT ARE OTHER POSSIBLE OUTCOMES?
- IS THERE EVIDENCE FOR THIS WORRY?
- WHAT ADVICE WOULD I GIVE TO A FRIEND?
- IS THIS WORRY IN OR OUT OF MY CONTROL?

BOX BREATHING

USING THE BREATH
TO FOCUS THE MIND



HOW ARE YOU FEELING?



ANGRY

"I feel angry, furious and mad"

FRUSTRATED

"I'm starting to get overwhelmed and stressed"

WORRIED

"Something is bothering me, I feel nervous and scared"

SAD

"I'm feeling a little blue, I feel down and upset"

HAPPY

"I'm feeling relaxed, happy and calm"

GROWTH MINDSET

CHANGE YOUR MINDSET CHANGE YOUR LIFE

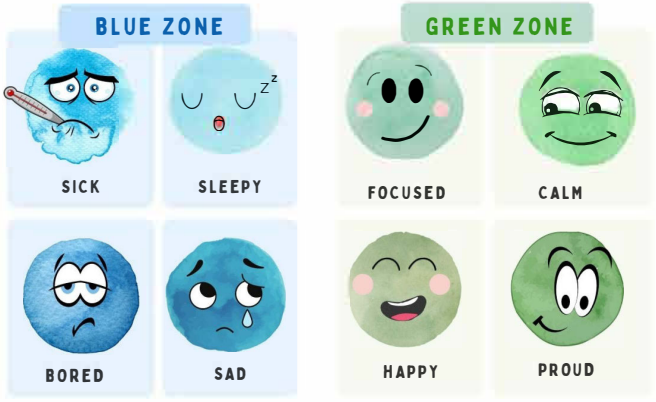
INSTEAD OF THINKING...	TRY THIS...
I DON'T THINK I CAN DO IT	I'LL KEEP TRYING
I DON'T KNOW HOW TO DO IT	I'LL FIGURE OUT A DIFFERENT WAY
THIS IS TOO HARD	IF I KEEP PRACTICING IT WILL GET EASIER
I DON'T LIKE CHALLENGES	CHALLENGES HELP ME GROW
I'M NOT SMART ENOUGH	I'LL GIVE IT MY BEST EFFORT
I ALWAYS MAKE MISTAKES	I CAN LEARN FROM MY MISTAKES

STAR BREATHING

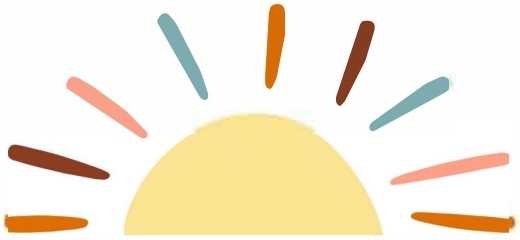




ZONES OF REGULATION



IT IS OK TO FEEL YOUR FEELINGS

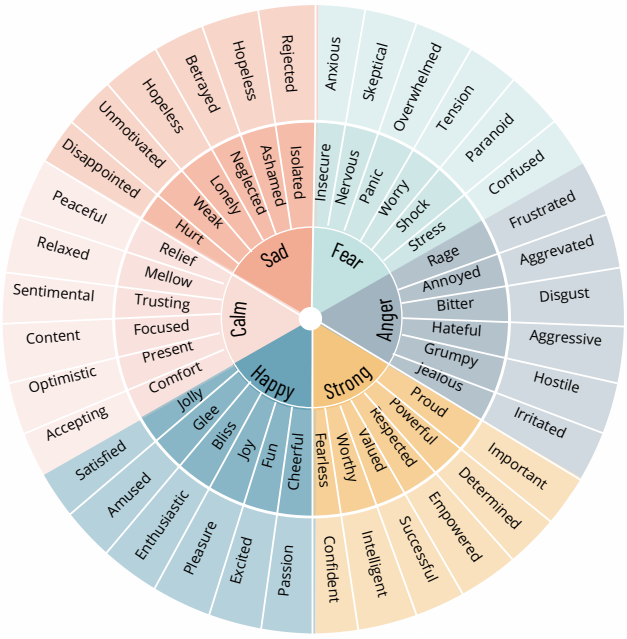


HOW AM I FEELING?



CALMING Corner

Feelings Wheel



THINGS TO RELEASE



PRINTABLEWITHLisa



4 - 7 - 8 Breathing

INHALE THROUGH YOUR NOSE FOR 4 SECONDS

HOLD FOR A COUNT OF 7

EXHALE THROUGH YOUR MOUTH SLOWLY FOR 8 SECONDS

REPEAT 4 TIMES

5-4-3-2-1 GROUNDING TECHNIQUE

Take a deep breath and identify

5 Things you can SEE
4 Things you can FEEL
3 Things you can HEAR
2 Things you can SMELL
1 Thing you can TASTE

I CAN'T CONTROL ANYONE ELSE BUT I CAN CONTROL MYSELF

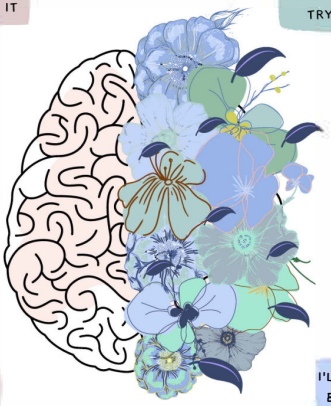
My Boundaries	My actions
My honesty	My goals
My values and beliefs	My thoughts
How I treat others	How I treat myself

PRINTABLEWITHLisa

GROWTH MINDSET

Change your mindset - change your life

FIXED	FLEXIBLE
I DON'T THINK I CAN DO IT	I'LL KEEP TRYING
I DON'T KNOW HOW TO DO IT	I'LL FIGURE OUT A DIFFERENT WAY
I DON'T LIKE CHALLENGES	CHALLENGES HELP ME GROW
THIS IS TOO HARD	IF I KEEP PRACTICING, IT WILL GET EASIER
I'M NOT SMART ENOUGH	I'LL GIVE IT MY BEST EFFORT
I ALWAYS MAKE MISTAKES	I CAN LEARN FROM MY MISTAKES



"Feeling upset about something outside of your control is like sitting on a rocking chair....
It gives you something to do, but it doesn't get you anywhere"

Things I can NOT control

- So I can let Go of these things

The past
What other people think
What other people believe
Other people's actions
The weather
What other's post online
Death
My age
How people react to my boundaries
Predicting what will happen
Other people's opinions
The future
The results of a sports match

Things I can control

- So I will focus on these things

Who I spend time with
My goals
My Boundaries
What I post online
My thoughts
My values and beliefs
What I say
How i spend my spare time
My actions
What I say about other people
My honesty

RAIN TECHNIQUE

R

Recognize what is happening.

Consciously acknowledge your thoughts, feelings, and behaviors that are affecting you.

"I have butterflies in my tummy and I am feeling nervous"

A

Allow life to be just as it is.

Let your thoughts, emotions, feelings, or sensations that you have recognized simply be there.

Pause and relax your body.

I

Investigate with kindness.

Simply pause and ask, what is happening inside me? How am I experiencing this in my body? Or What am I believing? What does this feeling want from me?

N

Non-identification, you are not the emotion.

Your sense of who you are is not fused with any limiting emotions, sensations, or stories.

RAINBOW GROUNDING TECHNIQUE

Take a deep breath and identify all of these colours in order

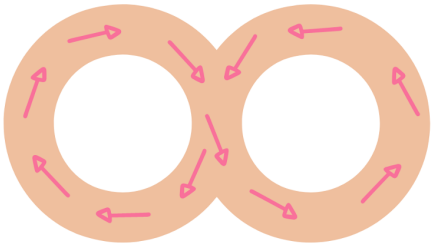
Have a look around. How many items could you find?

Tracing

Trace the figure eight with your finger.

Breathe in and out slowly as you trace around the figure eight.

Breathe in through your nose and out through your mouth.



Visualize your favourite place

What do you see?

Where is it?

What can you hear?

What can you smell?

Who is there?

What is it that you like so much about this place?

When did you go there?

When will you be going back?

FIND THE LETTERS IN YOUR NAME

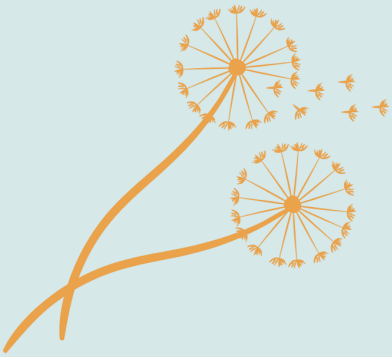
Start with the first letter of your name.

Look around the room and find as many items as you can that start with that letter.

Repeat with all the letters in your name.

Which letter had the most items?

Repeat with your middle and last name until you feel calm again.



Imagine you are holding a flower.

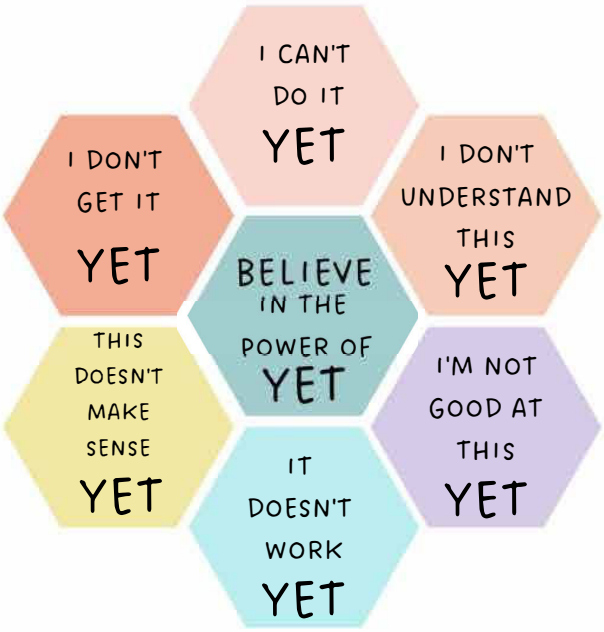
Breathe slowly in through your nose and smell the fresh air.

Breathe out slowly through your mouth and watch the petals fly off the flower.

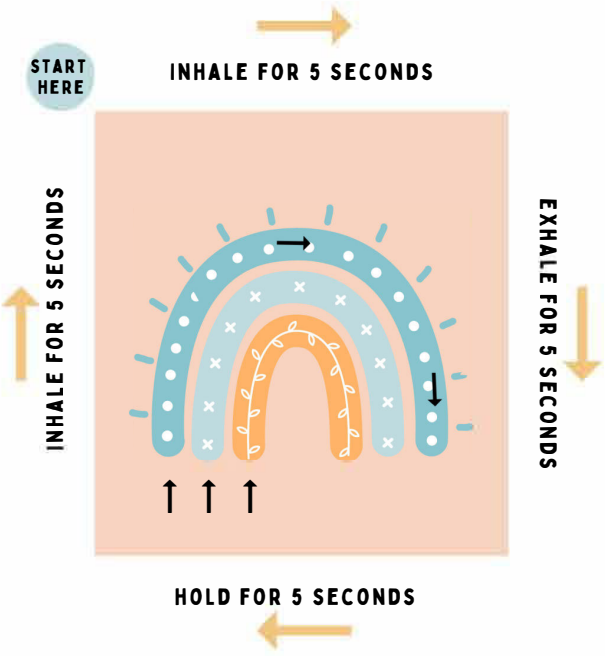
ANXIETY
COPING STATEMENTS

- THIS FEELING WILL PASS
- MY ANXIETY DOES NOT DEFINE ME
- I AM SAFE AND I WILL BE OK
- NOT ALL THOUGHTS ARE TRUE FACTS
- I CAN COPE. I AM STRONG
- JUST KEEP BREATHING

THE POWER OF YET



MINDFUL MINUTE



CHECK IN
HOW ARE YOU FEELING?

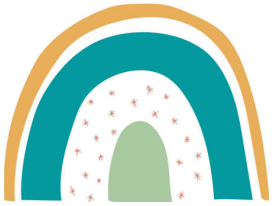
BREATHE	Take 5 deep breaths in and centre yourself.
FEEL	Check in with your body and mind. How are you feeling today?
THANK	Name 3 things you are grateful for?
AFFIRM	Take a moment to say 5 nice things that you like about yourself.
NEED	What do you need in order to make yourself feel better?

PRINTABLEWITHLisa

GROWTH MINDSET

CHANGE YOUR MINDSET, CHANGE YOUR LIFE

INSTEAD OF THINKING...	TRY THIS...
I CAN'T DO IT	I'LL KEEP TRYING
I GIVE UP	I'LL TRY A DIFFERENT WAY
IT'S TOO HARD	IF I KEEP PRACTICING IT WILL GET EASIER
I DON'T LIKE CHALLENGES	CHALLENGES HELP ME GROW
I'M NOT SMART ENOUGH	I'LL GIVE IT MY BEST EFFORT
I ALWAYS MAKE MISTAKES	I CAN LEARN FROM MY MISTAKES



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

MAKE SPACE FOR

BECAUSE YOU MATTER



Doing more things that make me happy

Taking the time I need to heal



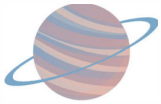
Spending time with positive people



Allowing myself to sit with my feelings



Having me time



Setting appropriate boundaries



Trying something new



Making mistakes and growing from them



Practice forgiveness



Creating happy memories



Practicing gratitude



Accepting things that are out of my control

CALMING STRATEGIES



LISTEN TO MUSIC



HAVE A WARM BATH



READ A BOOK



DO SOME STRETCHING



SLOW BREATHING



HAVE A HEALTHY SNACK



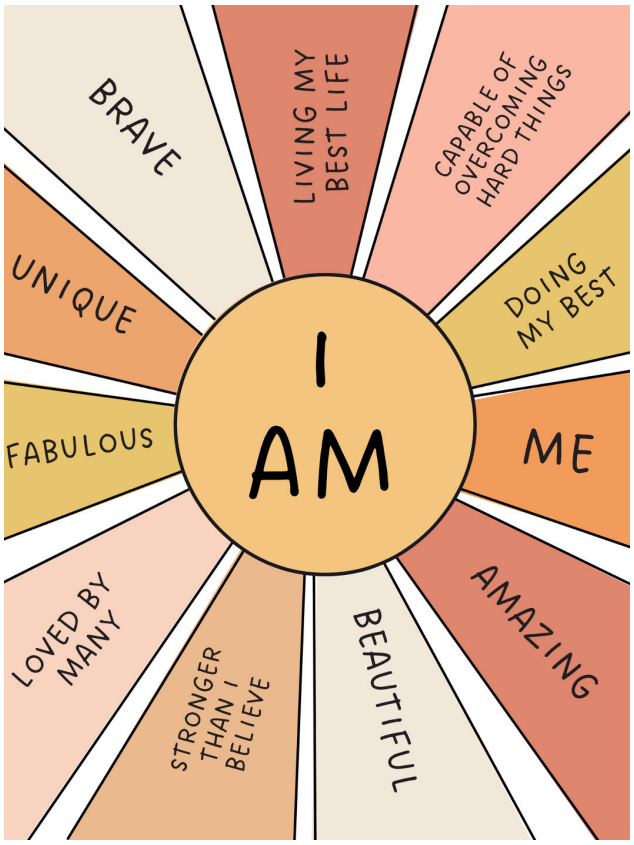
PLAY A GAME



WRITE ABOUT YOUR FEELINGS



TALK ABOUT IT



GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING AND COUNT TO 20

1 2 3 4 5

6 7 8 9 10

11 12 13 14 15

16 17 18 19 20

When you feel so MAD that you want to ROAR



Take a deep breath and count to 4

1 2

3 4

MY BRAVERY IS STRONGER THAN MY FEAR

Feelings check in



Check In

BREATHE Take 5 deep breaths in and centre yourself.

FEEL Check in with your body and mind.
How are you feeling today?

Name 3 things you are grateful for?

AFFIRM Take a moment to say 5 nice things that you like about yourself.

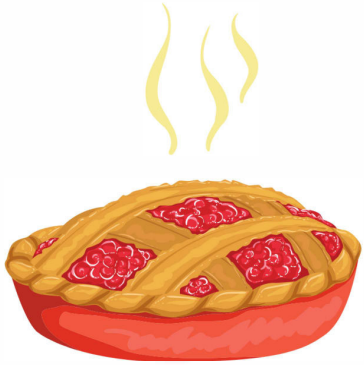
What do you need in order to make yourself feel better?

MY THOUGHTS ARE NOT FACTS

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY





Imagine that a warm apple pie has just come out of the oven.

Breathe in slowly to smell all the flavours.

Then breathe out again and get ready for the next breathe in.

Repeat

IT IS OK TO

- NEED HELP
- BE DIFFERENT
- HAVE FEELINGS
- BE YOURSELF
- TALK TO SOMEONE
- NOT BE OK

ANXIETY

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN SMELL
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN TOUCH
- 1 THING YOU CAN TASTE

THE ANGER VOLCANO

THE BEHAVIOR THAT YOU SEE

EXPLODING WITH ANGER

Withdrawing
Screaming
Yelling
Quiet
Throwing
Kicking

Fear
Stressed
Frustration
Shame
Trauma
Unloved
Guilt
Embarrassed
Rejection
Disappointed
Worried

THE FEELINGS YOU DON'T SEE