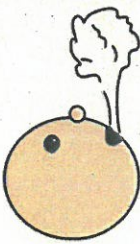






5 deep breaths

When you feel anxious, take 5 deep breaths and tick each one off as you do them

This will help to calm you down and feel more relaxed

1					
2					
3					
4					
5					

Leaf Breathing



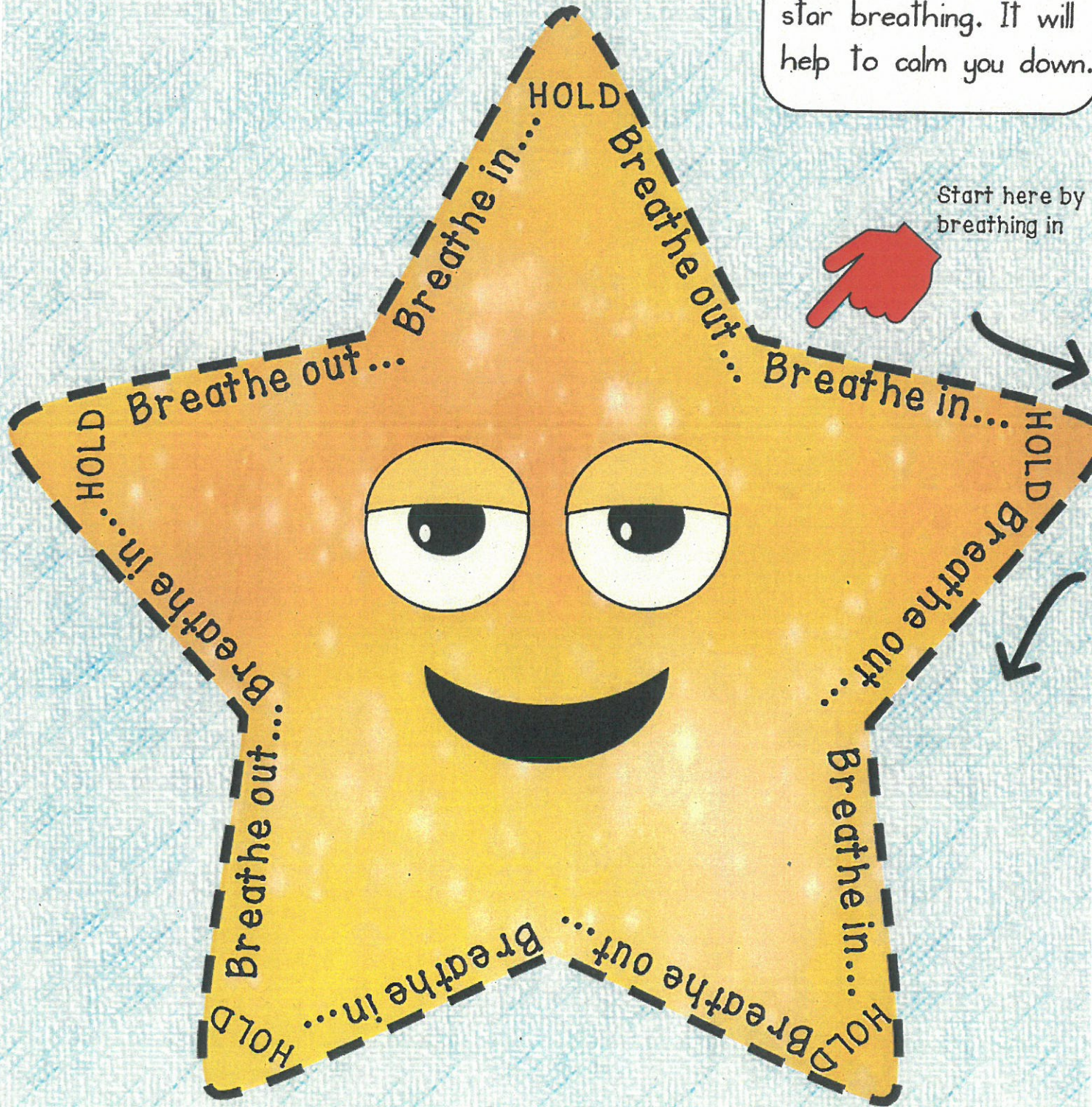
Slowly
trace the
leaf.

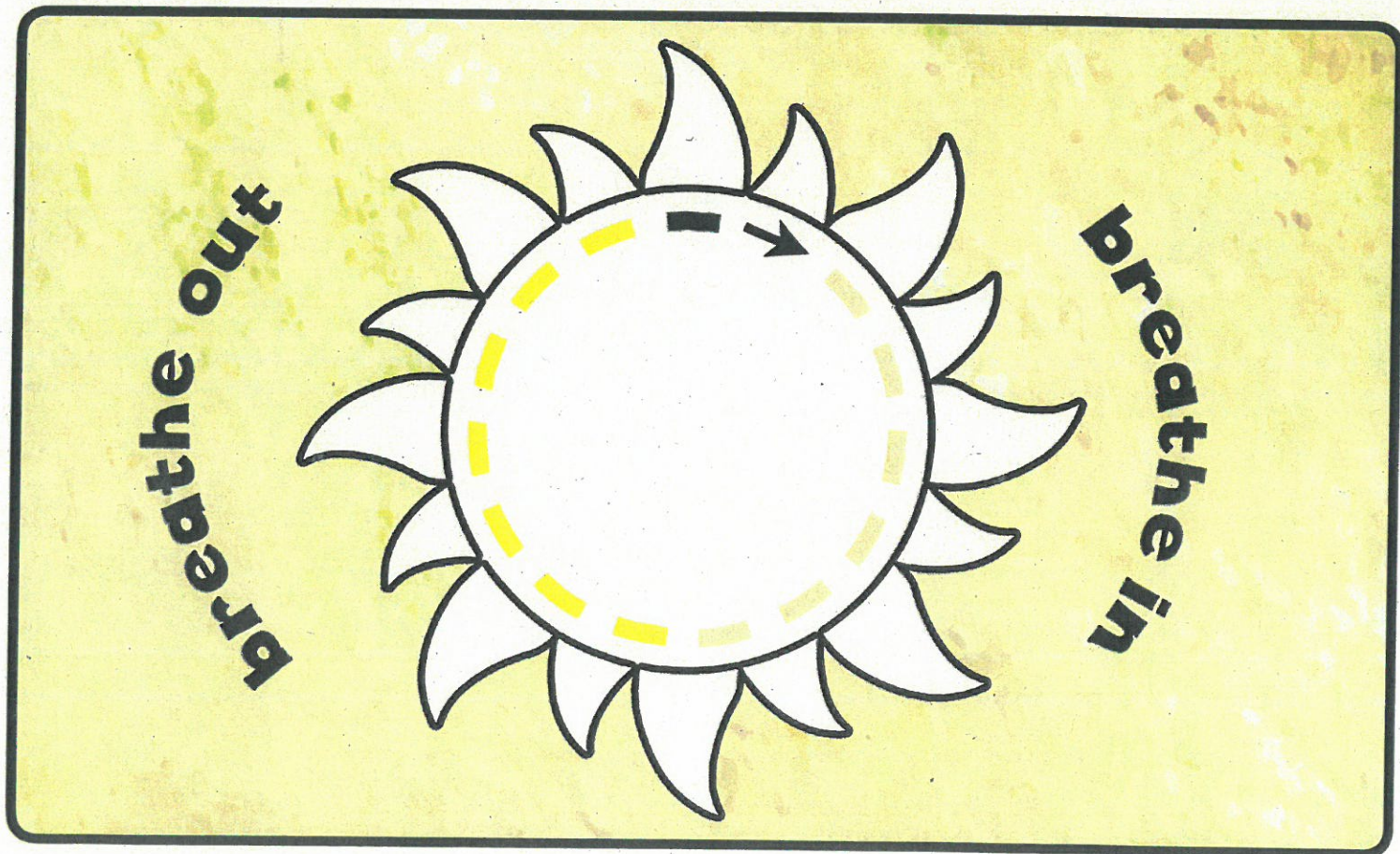
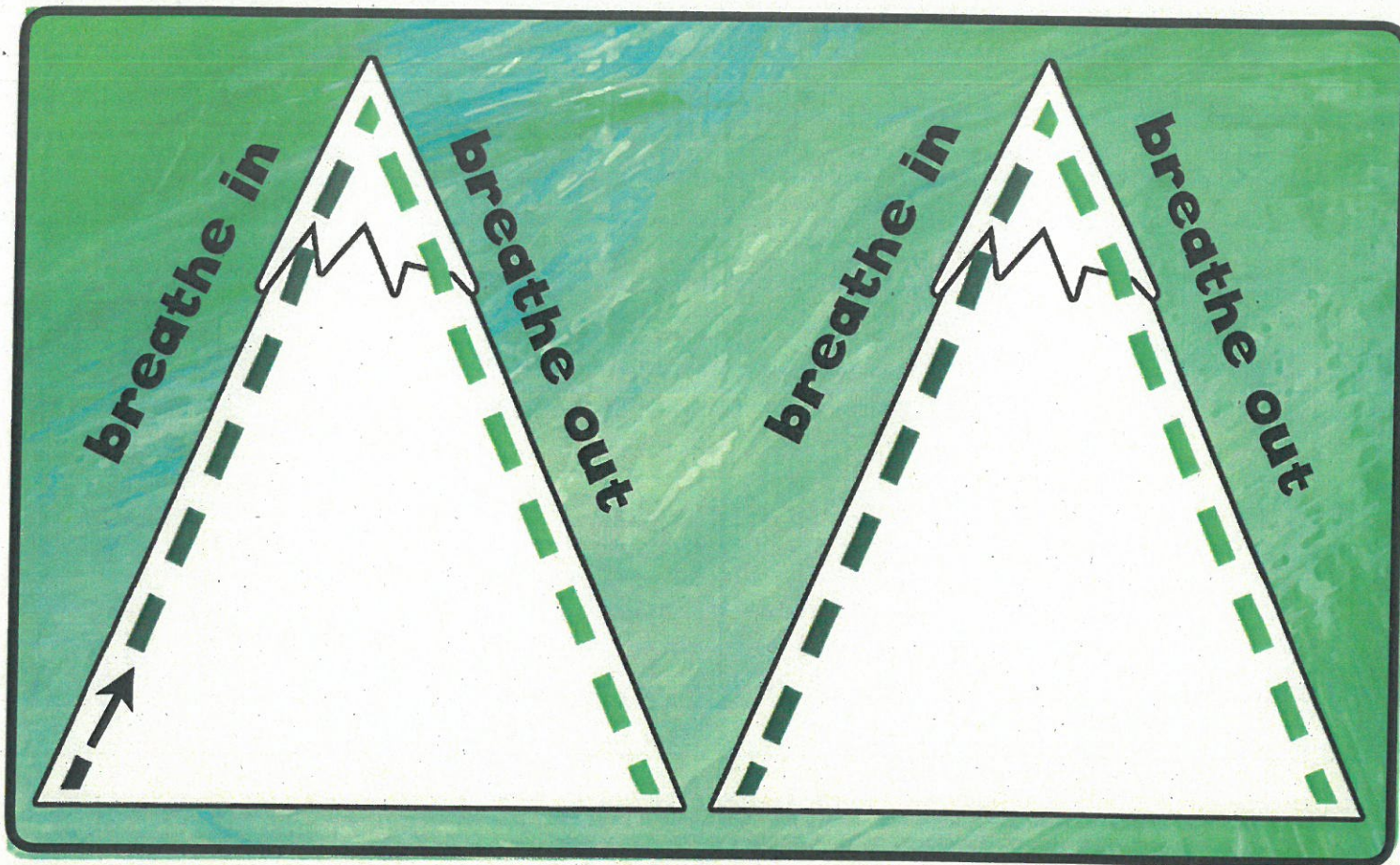
Breathe in while
tracing the right side,
and breathe out while
tracing the left side.

5 Star Breathing

If you are worried, anxious or angry, try 5 star breathing. It will help to calm you down.

Start here by breathing in





Calming Strategies

Count to 10

Count to 10 slowly (works well with slow deep breathing). Allows you time to react appropriately.

Listen to Music

Listening to calm music can distract you from the problem and help you relax.

Slow Deep Breathing

Force your body to calm down by controlling your breathing. Breathe in through your nose and out through your mouth.