

Balloon belly breathing

*Imagine there is a balloon in your belly,
as you breathe in blow it up
as you blow out, let it fly.*



Draw my inner monster

Tell your inner monster that they can't control you. You make the decisions.



Favourite music

*Put your favourite music on... or sing it
or hum it.*



Grounding

Become grounded by visualising your safe place.



What would I do?

Tell yourself the advice that you would give to your friend who was in your situation.



Weaken your inner monster

Tell your inner monster that you are not listening to any negative thoughts. List as many positive thoughts as you can instead.



Calm your mind with 5-4-3-2-1

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.



Be a detective

Challenge yourself; why are you feeling anxious? Where is the evidence that you are unsafe?



Offline brain!

Using your fist, make a model of your brain. Tell your fist that you know it is in fight/flight/freeze. As you focus on your fist very slowly uncurl each finger until all 4 fingers and your thumb are up right. Tell your brain you are in control, it is safe.

