

THE CALM ZONE

It's ok to feel angry and frustrated right now. There's a lot going on. But please be reassured these feelings won't last forever. When you feel like you need some calm, here's a few things you can do at home to help you feel more relaxed.

JUST BREATHE

Breathing exercises are one of the best ways to calm down when you are dealing with difficult emotions.

Deep breathing is a great way to focus inside yourself, rather than the things going on around you. To practice a breathing exercise, you must stop what you are doing and slow down.

Find a quiet spot, and take a few moments just for you.

HOW TO BREATHE MORE CALMLY

Deep belly breaths - Place one hand on your belly and one hand on your chest. Take a deep breath in for four counts and then exhale slowly (through your nose) for four counts. Notice the rise and fall of your chest and belly as you breathe. Take it nice and slow.

Shoulder Roll Breath - Sit comfortably. Maybe cross your leg and keep your back nice and straight. As you take a deep breath in, roll your shoulders up toward your ears, and then drop the shoulders back down as you breathe out. Repeat nice and slowly as you start to relax.

Hot Air Balloon Breath - Take a seat somewhere you feel comfortable. Then cup your hands around your mouth. Breathe in deeply. As you breathe out through your mouth, put your hands outwards as if you are blowing up a giant hot air balloon.



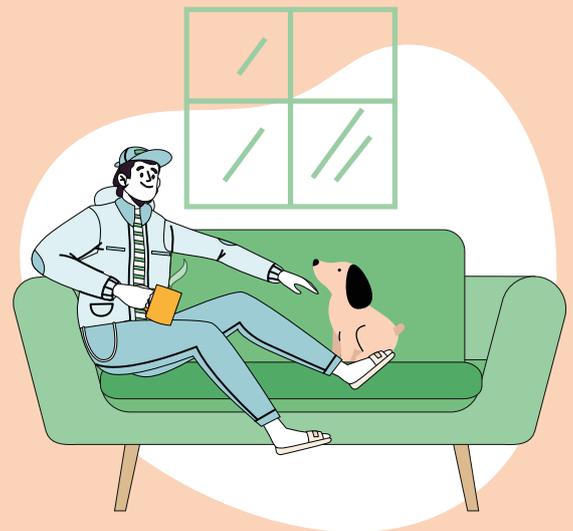
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GET GROUNDED

Have you ever heard of Visual Grounding? Once you've tried some breathing exercises, you can use visual grounding techniques to notice what's going on in the environment around you. Follow the exercise below to get started, and notice as you start to feel more relaxed.

TOP TIP – This exercise works really well in an open space, or if you are sitting by a window with the window open.

- 5: Notice FIVE things you see around you
- 4: Notice FOUR things you can touch around you
- 3: Notice THREE things you hear
- 2: Notice TWO things you can smell
- 1: Notice ONE thing you can taste



Now that you have completed this exercise...

write down how you feel...