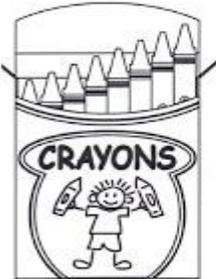


Make a checklist

- What do trained pilots do when they face an emergency? They refer to a checklist. Even with years of experience a pilot will refer to a checklist because when you are faced with danger you cannot think straight.
- When we feel anxious, we can get overwhelmed and not be able to think clearly.
- Drawing up a checklist of things that you know help you to calm down can be really useful.
- You can try out new techniques and evaluate how helpful they are for reference.

<p>Take a Time- out</p> 	<p>Color or draw</p> 
<p>Count to</p> <p>10</p>	<p>Take a deep breath</p> 
<p>Write in journal</p> 	<p>Listen to music</p> 

Other calming strategies

Reducing worry feeling techniques:

'Breathe in for 7 ...out for 11'.

'5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 slow breath in and out'.

'Square breathing'

'Find items A, B, C etc'

Mindfulness activities: Breathing in as though to smell of the flower, blowing out to blow out a candle, taking a walk-in nature and noticing the present moment