

## **5, 4, 3, 2, 1 Technique.**

This is a very useful technique called grounding. It can really help if your brain is feeling overloaded to bring you back into the world.

**5:** Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

**4:** Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

**3:** Acknowledge **THREE** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

**2:** Acknowledge **TWO** things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

**1:** Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

## **Gratitude List**

Make a list of all the things you are grateful for. This can help you remember how many good things are in the world and you can return to look at it when you need a pick-me-up.

## **Make a plan**

Write down some of the things that you would like to do or achieve in the future. Include some new things that you might decide to try.

## **Kindness ideas**

Write down a list of things that you can do to be kind to others. See if you can do some of these each day. Helping others is a great way to distract our minds and feel good as well as doing good.

## **Practise Mindfulness.**

Mindfulness means being fully aware of everything that is happening around you right now. Throughout your daily activities tune in to what your body is doing and what your senses are telling you. Try to really focus on what is happening in front of you right here and now.

## **Rest:**

Sometimes taking a break and resting is what you need. Take a lie down and don't look at your phone or go on the computer. Simply close your eyes and listen to the sounds around you and your breathing to give yourself a mental break.

## **Thoughts and Feelings aren't facts – this too shall pass.**

Remind yourself that even though it can seem that way, your thoughts and feelings are just guides and not necessarily how things are. Understanding this can help you let go of thoughts and feelings that are not serving you well. Also remember that everything lasts only for a while and no matter what situation you are in, it will pass.

## **Value Yourself.**

Write down all the things you like about yourself and if you can't think of anything then ask others around you. Remind yourself of your good qualities and value yourself.