

Five Senses grounding (54321)

- Become immediately in the present by focusing on your surroundings.
- Name and describe 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste.

Just Observe

- Notice what is happening around you without judgment. Just look / listen and describe it in factual words.
- Try and step back from the situation and related emotion as if you are separate to it.
- Offer compassion to yourself and others – avoiding worry, anger or criticism.

Body Relaxation

- Bring attention to the body's muscles.
- Squeeze for 5-10 seconds and release.
- Acknowledge any pain or aches but don't judge them.
- Bring your attention back to your body if your focus drifts.

MINDFULNESS

Mindfulness is an effective way to help bring calmness into your life; helping you deal with stressful moments and help bring balance and order to chaos around you. The key points to Mindfulness are learning to accept, not judge yourself or others, and to develop a 'present' mind.

Slowed breathing

- Bring your attention to your breath.
- Listen, feel, count, and connect with your breath.
- Breathe slightly slower e.g. in through the nose for 3 seconds, hold for 1-2, out through the mouth for 5 seconds, hold for 1-2.
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Mindful Activity

- Bring your awareness to the activity you are doing.
- Whether walking, cooking, washing up, or bathing, think about what you are doing in detail and without judgement.
- Connect with your environment and notice things you haven't before.

Imagery / Thought control

- Imagine relaxing scenes / a place of calmness, and imagine yourself coping well. See yourself getting through the difficulty.
- Allow thoughts to come and go like waves, don't try to control them. Continue to tell yourself that they are just thoughts that will pass.