

FEELING
WORRIED ?

Do the **opposite** thing



Do something
you are good at



Try a yoga pose



Name 5 things
you see

one for each sense



Take time to
breathe

deep and calm



Ground yourself
in the present

Name all the
objects of the
same colour that
you can spot



Distract your
brain

recite the alphabet
backwards or list the
ingredients of your
favourite recipe