

The right tools for my mental health

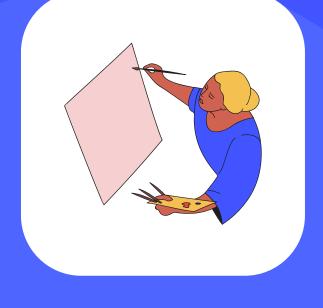
FEELING WORRIED?

Dothe



Try a yoga pose

thing



Do something you are good at



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

+ A OGGO HILL O



Distract your brain

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