

# Practical exercises to help your



If you find yourself feeling panicked, like you are unable to catch your breath, If you are having trouble sleeping or controlling your thoughts, if you are catastrophizing about things that may NEVER happen or just feeling lost; these exercises may help you to relax, refocus, rationalise and breathe.

**GIVE THEM A GO**



For controlling the breath, simply breathe in as the triangles expand, and breath out as they collapse.



**A physical wind down to ease the mind and the body, find a nice space to work in where you're comfortable**



**Stretching  
and  
Flexibility  
Exercises for  
Teachers**



# STARS IN A JAR



- Find an old jar or container lying around the home. Ask your family to write on separate bits of paper as many wonderful things as they can think of about YOU.
- You can add to the jar by adding any achievements you have accomplished in your life, even if it is seemingly small.
- Fold up these pieces of paper and place them in to the jar.
- When you are feeling low, go to your jar and take out a message from a loved one to remember how precious you are.



# Five things

This is an exercise for when your mind is racing and you cannot stop intrusive thoughts....

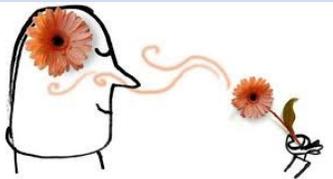


List five things (out loud) that you can see

Close your eyes, say aloud 4 things that you can hear

Breathe in through your nose, say out loud, 5 things that you can smell

Go around the space you are in and find 5 things to touch. When you have touched them, say aloud the texture of the object.



# Colouring In

Sitting and drawing, or painting is excellent for cleansing a troubled mind. There are some brilliant apps available for your smart phone if you don't have any thing to use for colours. Click the link to check out the apps

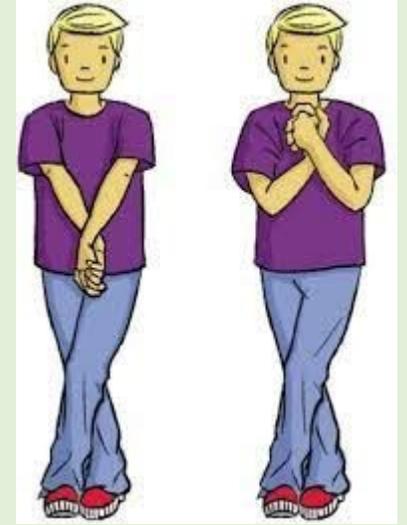
- [Best Collection of Predefined Color Palettes: Pigment](#)
- [Best Selection of Designs: Colorfy](#)
- [Best for Painting 3D Objects: Recolor](#)
- [Best for Getting a New Design Each Day: Color by Number](#)
- [Best for Old-School Graphics: UNICORN](#)
- [Best for Beginners: UNICORN Low Poly](#)
- If you are lucky enough to have a printer, you can print free patterns to colour in from here:

[https://www.google.com/search?rlz=1C1CHBD\\_en-GBGB740GB740&q=free+coloring+pages+for+adults&tbm=isch&source=univ&sa=X&ved=2ahUKEwiLx4a6s\\_7oAhX0nFwKHZdkDfUQsAR6BAgKEAE&biw=1366&bih=695](https://www.google.com/search?rlz=1C1CHBD_en-GBGB740GB740&q=free+coloring+pages+for+adults&tbm=isch&source=univ&sa=X&ved=2ahUKEwiLx4a6s_7oAhX0nFwKHZdkDfUQsAR6BAgKEAE&biw=1366&bih=695)

# STRESS RELIEF THROUGH BREATHING 15 MINUTE MEDITATION



# Calming Anxiety- The Hook Up



- Put your arms straight out in front of you, palms facing out.
- Put one hand over the other at the wrists and interlace your fingers.
- Swoop your hands and arms toward your body and then place your interlaced hands on your chest.
- Cross your feet at the ankles and put your tongue on the roof of your mouth.
- Stay still for one minute.

<https://www.youtube.com/watch?v=OOMHz-HS4yY&list=PLJdq3OzEoR1iygD0ReUDwOh7Pmn42TcKN&index=7>

## Find a food

- Go to the kitchen and find something to eat.
- Take yourself to a quiet place
- Spend 30 seconds looking at the shape and colour of what you are about to eat
- Spend 20 seconds feeling the texture and the weight of what is in your hand
- When you place the item in your mouth, chew very slowly, thinking about exactly how the food is breaking down.
- What exactly are the tastes? Do they start as one flavour and turn to something else?
- When you have swallowed the food, take 30 seconds to think about what flavour remains





- **Stand up and breathe.** Feel your connection to the earth.
- **Tune in to your body.** Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.
- **Observe.** Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
- **Possibility.** Ask yourself what is possible or what is new or what is a forward step.
- If you find yourself being reactive, try the following steps:
  - Pause and take one to three big breaths.
  - Say “step back.” ( You don’t have to physically step back, you can just do it in your mind.)
  - Say “clear head.”
  - Say “calm body.”
  - Breathe again. Say “relax,” “melt” or “ease.

# Best Apps for mindfulness

- Waking up
- Headspace
- Calm
- Personal Zen
- Mindfi
- <https://www.creativebloq.com/features/best-mindfulness-apps>