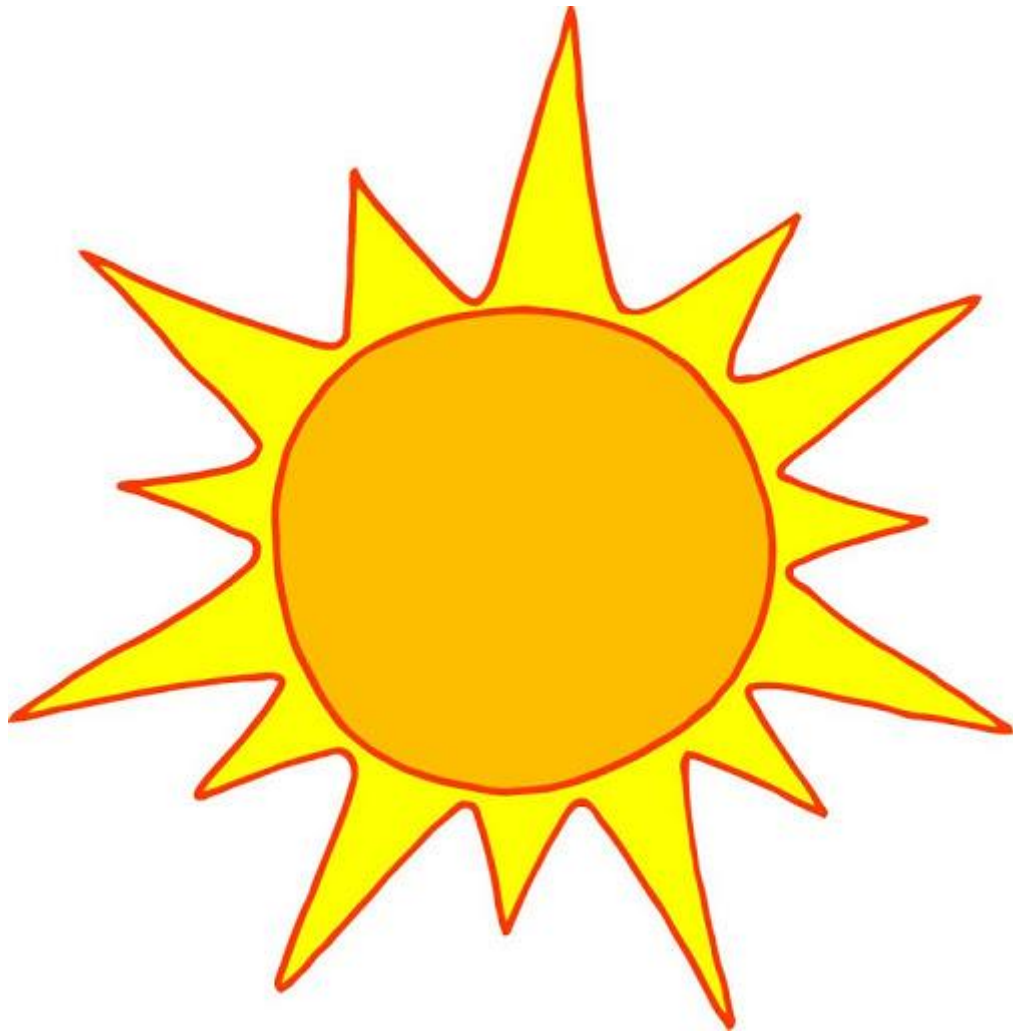


Wellbeing Bookset
Printable

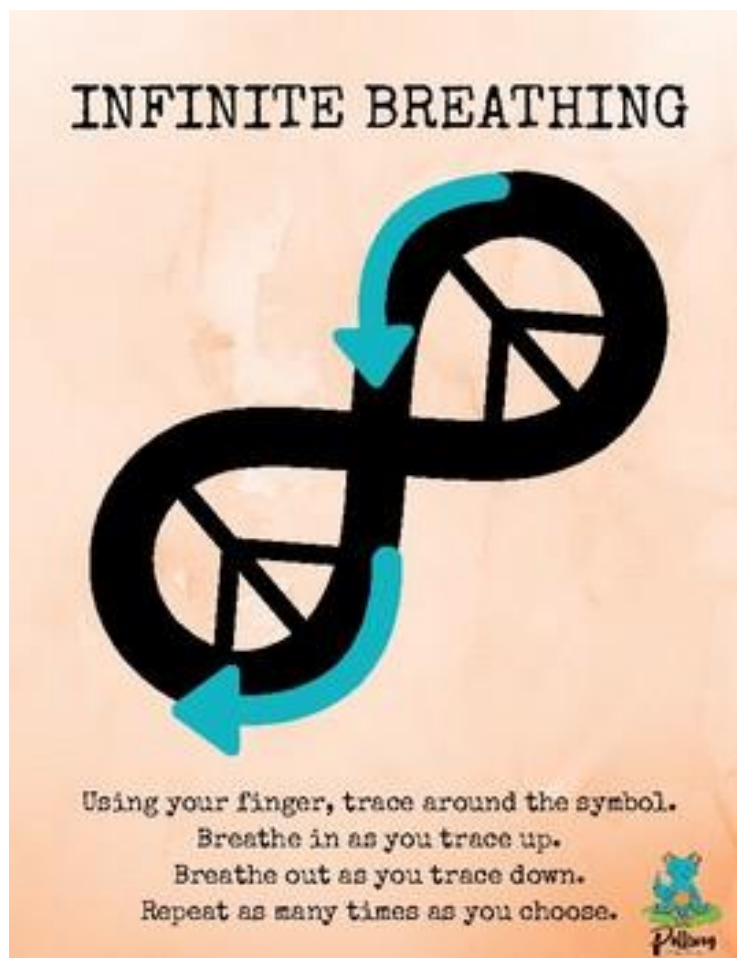


1. Relax by breathing

When you're feeling anxious, you might notice that your heart rate and breathing get a bit faster. You may also begin to sweat and feel dizzy or lightheaded. When you're anxious, getting your [breathing](#) under control can relax both your body and mind.

To get your breathing under control when you're anxious, follow these steps:

1. Sit in a quiet and comfortable place. Put one of your hands on your chest and the other on your stomach. Your stomach should move more than your chest when you breathe in deeply.
2. Take a slow and regular breath in through your nose. Watch and sense your hands as you breathe in. The hand on your chest should remain still while the hand on your stomach will move slightly.
3. Breathe out through your mouth slowly.
4. Repeat this process at least 10 times or until you begin to feel your anxiety lessen.



2. Relax by visualizing

Have you ever heard the “finding your happy place” expression? Painting a mental picture of a place that makes you feel relaxed can actually calm your brain and body.

When you start to feel anxious, sit in a quiet and comfortable place. Think of your ideal place to relax. While it can be any place in the world, real or imaginary, it should be an image that you find very calming, happy, peaceful, and safe. Make sure it’s easy enough to think about so you can return to it in your mind when you feel anxious in the future.

Think of all the small details you’d find if you were there. Think about how the place would smell, feel, and sound. Engage your senses. Envision yourself in that place, enjoying it comfortably.

Once you have a good picture of your “happy place,” close your eyes and take slow and regular breaths through your nose and out of your mouth. Be aware of your breathing and continue focusing on the place you’ve imagined in your mind until you feel your anxiety lifting. Visit this place in your mind whenever you feel anxious.

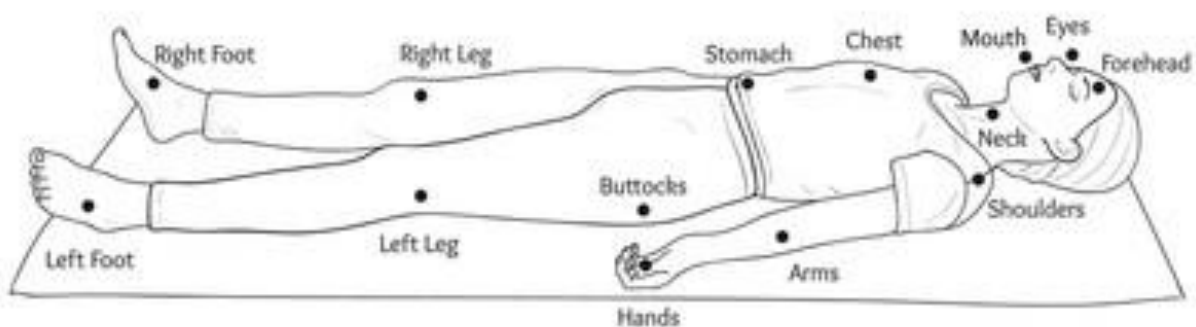


3. Relax your muscles

When you feel anxious, you might notice strain or tension in your muscles. This muscle stress can make your anxiety more difficult to manage in the moment you're experiencing it. By relieving the [stress](#) in your muscles, you can usually reduce your anxiety levels.

To quickly relieve your muscle tension during moments of anxiety:

1. Sit in a quiet and comfortable place. Close your eyes and focus on your breathing. Breathe slowly into your nose and out of your mouth.
2. Use your hand to make a tight fist. Squeeze your fist tightly.
3. Hold your squeezed fist for a few seconds. Notice all the tension you feel in your hand.
4. Slowly open your fingers and be aware of how you feel. You may notice a feeling of tension leaving your hand. Eventually, your hand will feel lighter and more relaxed.
5. Continue tensing and then releasing various muscle groups in your body, from your hands, legs, shoulders, or feet. You may want to work your way up and down your body tensing various muscle groups. Avoid tensing the muscles in any area of your body where you're injured or in pain, as that may further aggravate your injury.

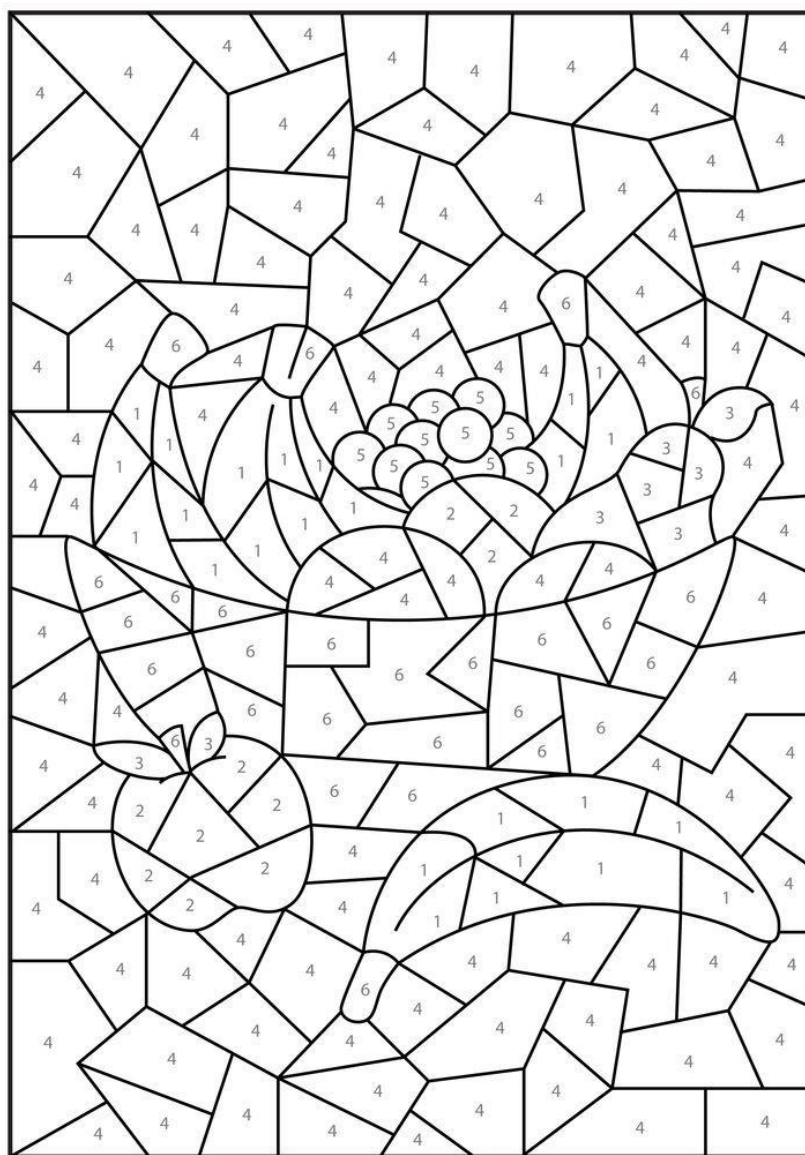


Progressive Muscle Relaxation

4. Relax by counting

Counting is a simple way to ease your anxiety. When you feel anxiety washing over you, find a quiet and comfortable place to sit. Close your eyes and slowly count to 10. If necessary, repeat and count to 20 or an even higher number. Keep counting until you feel your anxiety subsiding.

Sometimes this relief occurs quickly, but other times it might take a while. Stay calm and patient. Counting can relax you because it gives you something to focus on besides your anxiety. It's a great tool to use in a crowded or busy space like a store or train where other anxiety exercises might be more challenging to carry out.



1. Yellow 2. Red 3. Green 4. Orange 5. Purple 6. Brown

5. Relax by staying present

Mindfulness is the practice of being present in your current state and surroundings, gently and without judgment. Staying present can help you create a calm state of mind when you feel your thoughts racing and anxiety building.

To bring yourself outside your thoughts into the present:

1. Find a quiet and comfortable place to sit and close your eyes.
2. Notice how your breathing and body feel.
3. Now shift your awareness to the sensations you observe in your surroundings. Ask yourself *What's happening outside of my body?* Notice what you hear, smell, and feel in your environment.
4. Change your awareness several times from your body to your environment and back again until your anxiety starts to fade.







6. Relax by interrupting your anxious thinking

It can be hard to think clearly when you feel anxious. Sometimes anxious thinking can make us believe harmful thoughts that are untrue or make us do things that make our anxiety worse. It can be helpful to break or interrupt your anxious thoughts so you can think clearly and react appropriately to your thoughts.

Here's how to break your anxious thought cycle:

- Ask yourself whether endless worry is a problem for you. If the answer is yes, it's good to be aware of that.
- Try different ways of interrupting your anxious thought process, such as:
 - **Singing a silly song** about your anxiety to an upbeat tempo, or speaking your anxieties in a funny voice.
 - **Choose a nice thought to focus on** instead of your anxiety. This could be a person you love, your happy place, or even something you look forward to doing later that day, such as eating a nice dinner.
 - **Listen to music or read a book.**
 - Be conscious when you **shift your attention** from your anxiety to a task at hand and notice how you feel.



TRY SODUKO TO DISTRACT YOU

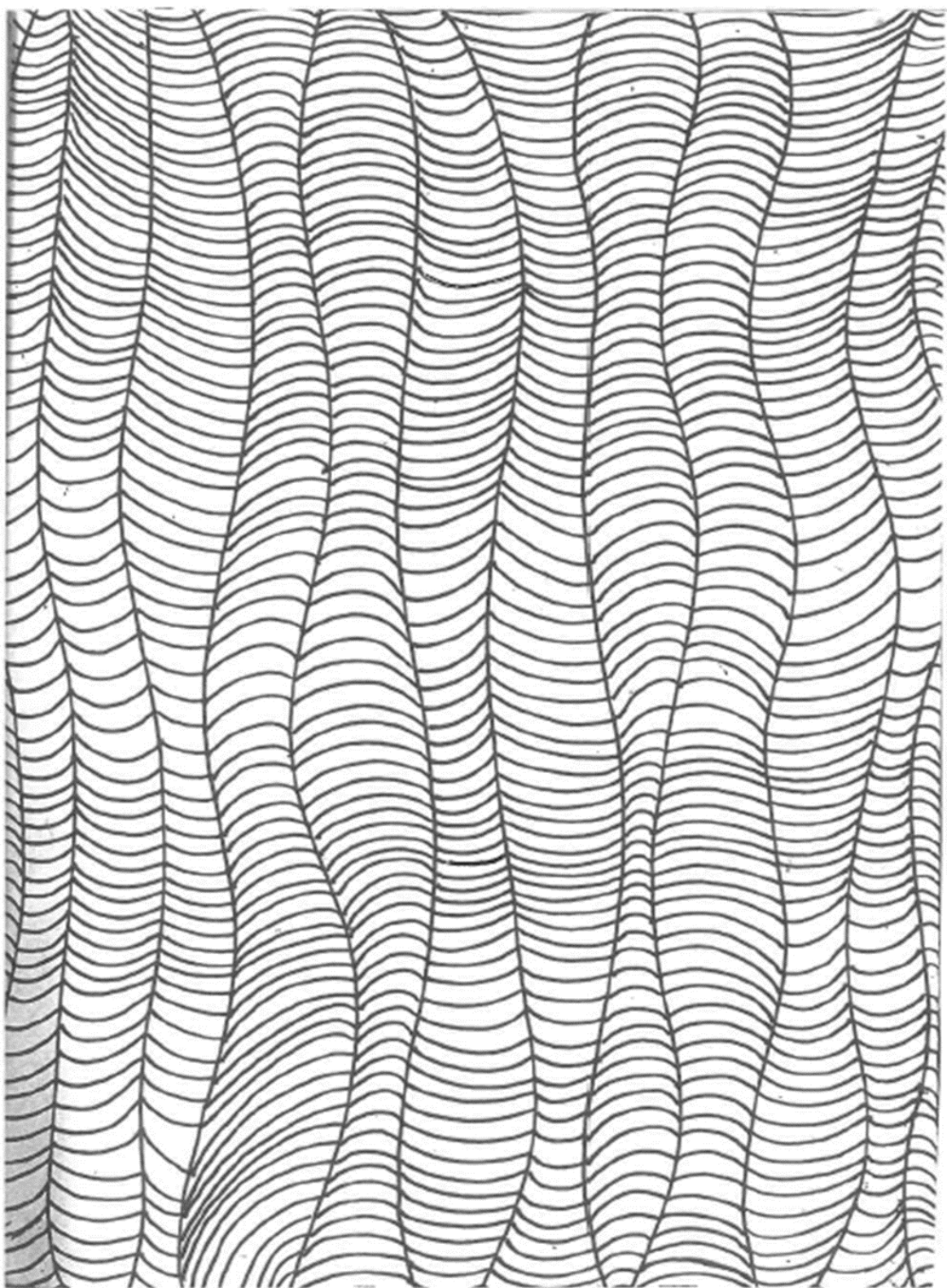
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3		1			7	6		
				1		5	2	4

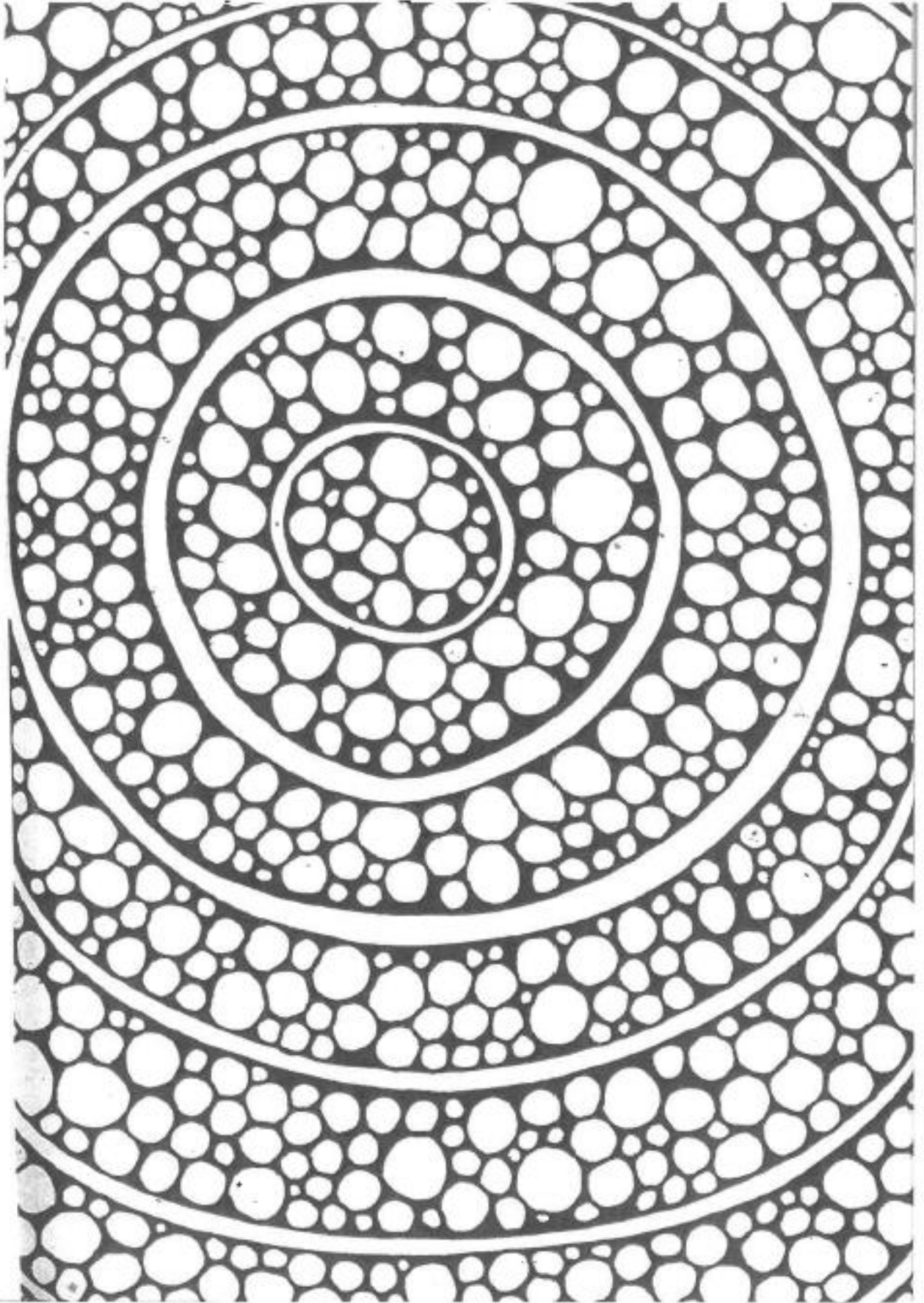
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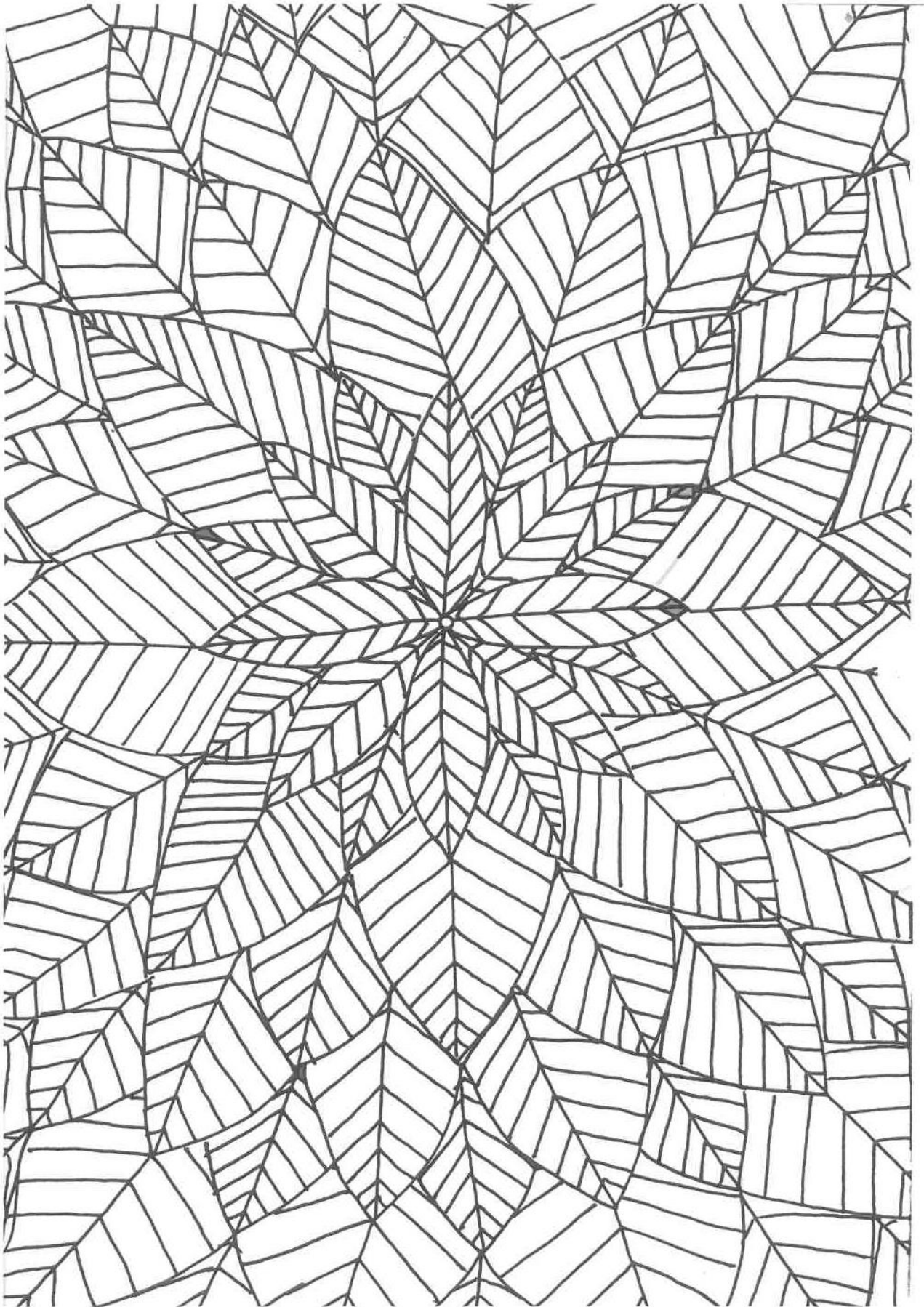
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COLOURING PAGES BY MRS NINA ROSS





Mrs. Nina Ross

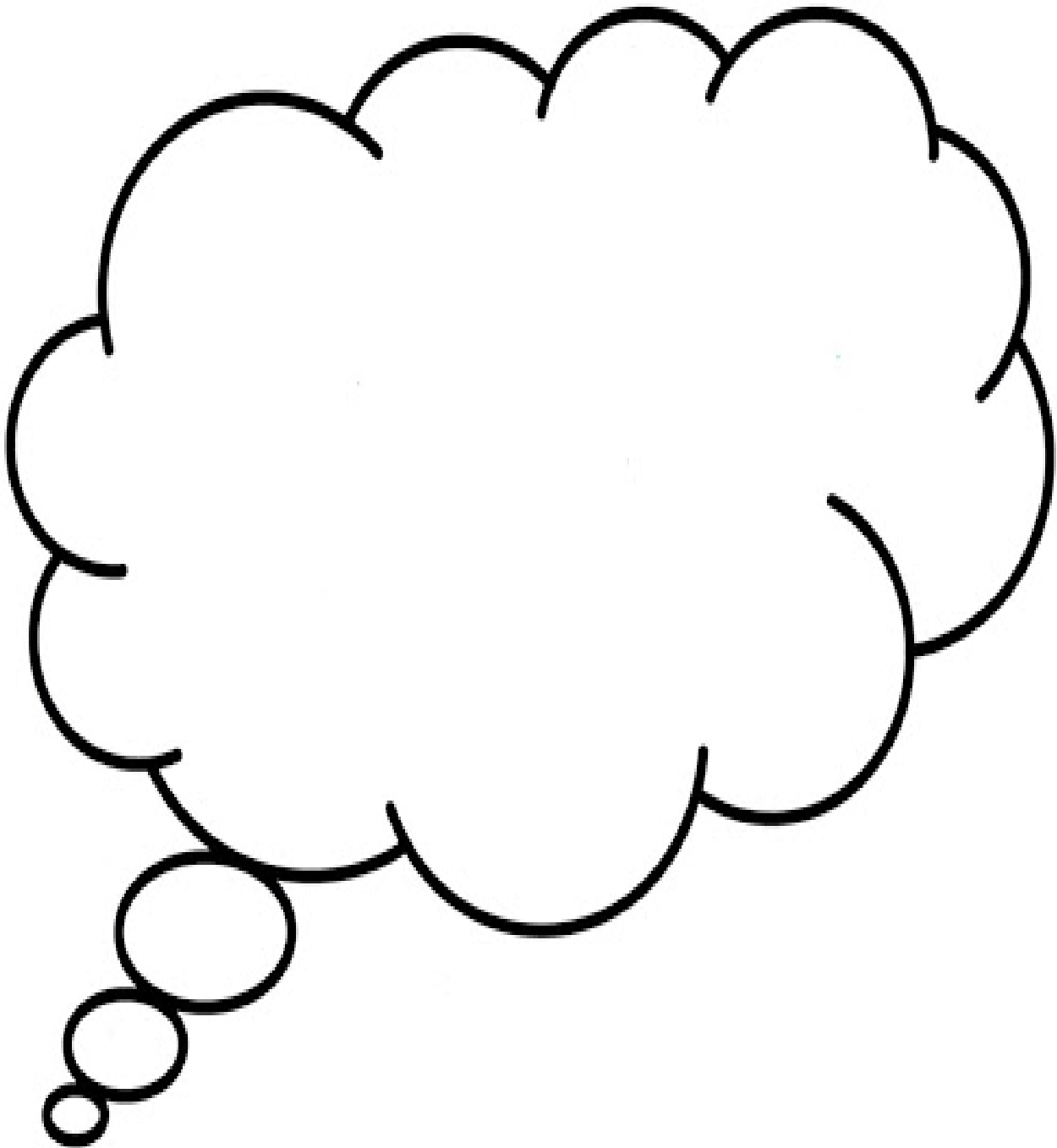


SODUKO IN PICTURES



7. 1 MINUTE BRAIN DUMP

Draw a large circle to look like a thought bubble. Inside the thought bubble, you draw or write words to brain dump all the issues you are feeling anxious about.



8. GRATITUDE JOURNALING

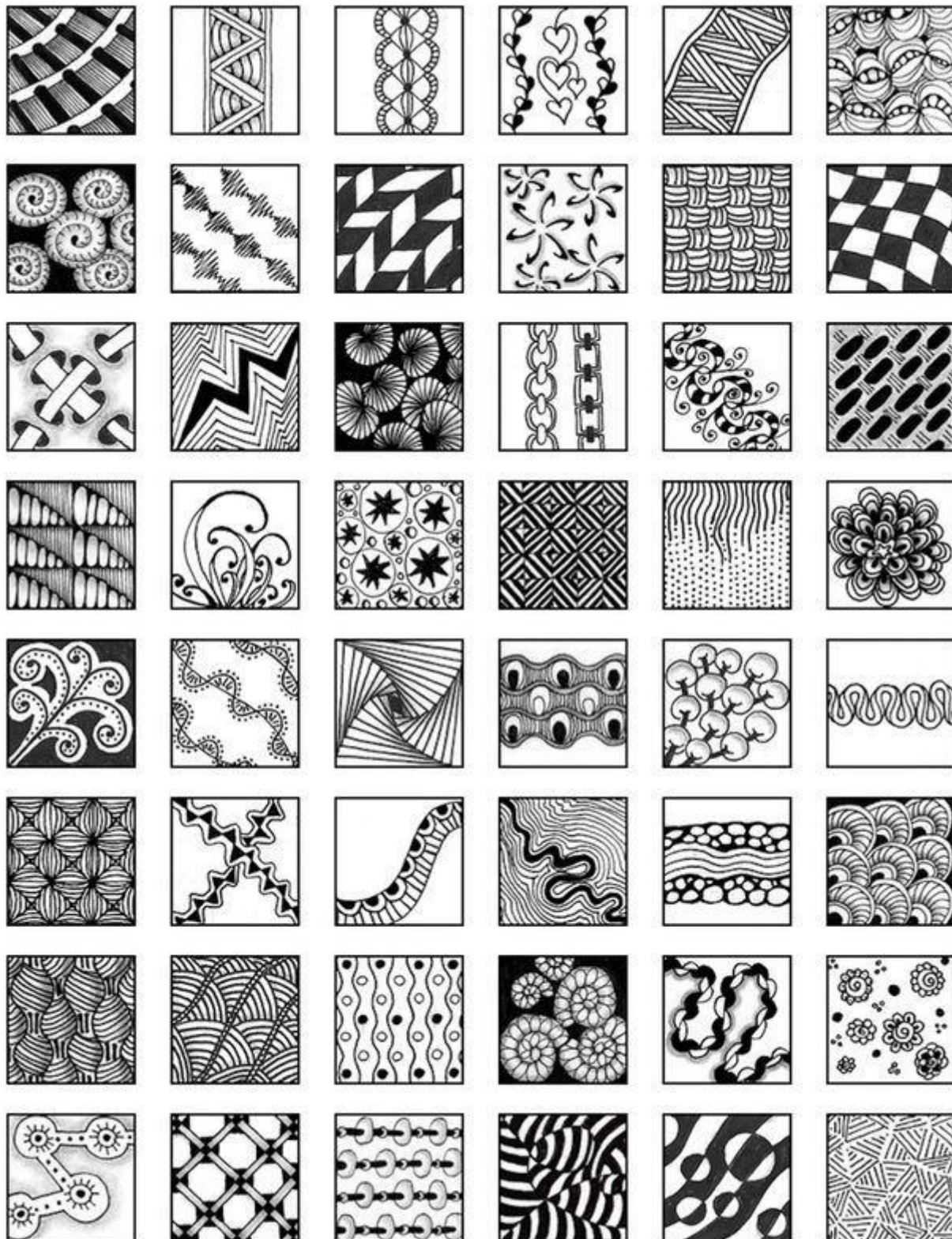
Use journaling as a way of exploring gratitude in your life. This exercise can be done by looking at all areas of your life or it can be done by looking at a situation that is causing you anxiety. For example, if a situation at school is causing anxiety, the gratitude journaling could focus on things to be grateful about in your education outside of the stressful situation. (helpful peers or teachers, good teaching, interesting subjects and good support, etc.)

<i>Gratitude</i> Journal	
<p>START THE DAY WITH A POSITIVE PRAYER When you wake up, begin your day by thinking of 10 things you are grateful for (Big or Small).</p> <ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10.	<p>WHAT ARE YOU LEARNING OR WHAT SKILL ARE YOU LEARNING THROUGH YOUR CHALLENGES?</p> <ol style="list-style-type: none">1. I am learning 2. I am learning 3. I am learning
<p>MAKE A LIST OF 5 PEOPLE THAT YOU ARE GRATEFUL FOR: These could be friends, family or even strangers.</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>SOMETHING THAT WAS GOOD ABOUT MY DAY OR THAT I AM LOOKING FORWARD TO TODAY:</p>

10. CREATE PATTERNS

Like mandalas, you can create your own patterns. Zentangles are miniature pieces of abstract patterns. Sticky notes work well for this.

<https://youtu.be/m3y-9XVnjTo>



11. AFFIRMATION CARD

Create an affirmation card or series of cards that you can carry with you. At any time when you are feeling anxious then you can look at the affirmation card to help you deal with your anxious feelings.

Examples include:

This too shall pass

Breathe calmly

I am calm

I live in peace

The future is good

I am free

I am not in danger, just uncomfortable

This will become easier

I have control over my thoughts

STOP!

Find gratitude in 3 things

12. DON'T STRAIN YOUR EYES TOO MUCH WITH REMOTE LEARNING

Blink Your Eyes More Often to lubricate them

1. ***Dark Space Distance***

Keep your eyes closed and stare into the dark space while staying focused on the distance. Hold the pressure till you see all the residual tones fade to black. Do this exercise for at least 30 seconds and relieve the stress around your eyes.

2. ***Trace an Eight with your Eyes***

This eye exercise will increase the flexibility of your eye muscles and improve your vision. Visualize a gigantic 8 almost 3m away from you and turn it on its side. Now draw it with your eyes slowly for a few minutes – first clockwise and then anticlockwise.

3. ***Roll Your Eyes***

Roll your eyes to the right and then slowly shift your gaze to the left. Keep doing the same thing but in opposite directions. Then move your gaze in different directions by looking from right to left and then up and down. Repeat the process for five to ten times.

4. ***Follow the 20-20-20 rule***

To keep your eyes from getting tired at work, take a 20-second break every 20 minutes and focus on something that is located at least 20 feet away from you. Set a timer to remind you.

5. ***Focus on Objects Near and Far***

To do this exercise you need to hold one of your thumbs close up and the other at your arm's length. Start by focusing on your thumb held close, followed by the one that's at your arm's length, then focus on something that is sitting across the room and finally on an object that is far away like across the road. While you do this exercise make sure, all the four points are along the same line of sight so the change in focus is subtle. Spend 2 seconds on every object and try to get a clear image of every item.

13. LIST OF APPS and WEBSITES FOR RELAXATION and ANXIETY

- Smiling Minds (smilingmind.com.au)
- Relax Melodies
- Calm Harm
- Just Calm
- Calm
- Insight Timer
- Youth
- Oak

14. RESET IDEAS

- Drawing
- Colouring
- Music
- Work on Assessments
- Quiet Space
- Fidget Toy
- Boardgame
- Uno
- Handball against the wall
- Stress ball
- Reading
- Typing Tournament
- Drink or Snack Break
- Bathroom Break
- Talking to a Support Person
- Writing what happened/feelings
- Journaling
- Watching TV
- Playing an online game
- Zoom with your friends
- Call or text a friend and mention 3 strengths they have
- Ride a stationary exercise bike or walk on a treadmill
- Use a skipping rope to get some exercise
- Do Burpees or Push-Ups
- Paint
- Scream into a Pillow

15. HELPLINE CONTACT DETAILS

<i>Kids Help Line</i>	https://kidshelpline.com.au	1800551800
<i>Lifeline (24 hours)</i>	https://www.lifeline.org.au/	131114
<i>Healthdirect</i>	https://www.healthdirect.gov.au/	49212800
<i>The Butterfly Foundation</i>	thebutterflyfoundation.org.au	1800334637
<i>Headspace</i>	headspacemaitland@samaritans.org.au	49311000
<i>Eheadspace</i>	https://headspace.org.au/eheadspace/	
<i>Mental Health Line</i>		1800011511
<i>Youthline</i>		96333666
<i>Youth Information</i>		49221502
<i>Drug and Alcohol Services</i>		1300660059
		1800422599(AH)
<i>Youth Beyond Blue</i>	https://www.youthbeyondblue.com/	1300 22 4636
<i>Black Dog Institute</i>	https://www.blackdoginstitute.org.au/	
	https://www.biteback.org.au/	
<i>Accessline</i>	https://nswlhd.health.nsw.gov.au/blog/2012/09/17/mental-health-access-line-1800-011-511/	1800011511