

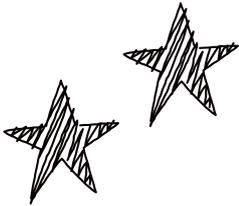
HEAD STRONG

ANGER AND FRUSTRATION



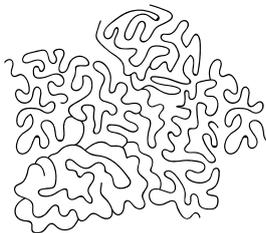
- LISTEN TO LOUD MUSIC- CREATE PLAYLISTS FOR DIFFERENT MOODS
- IDENTIFY THE EMOTION AND SPEAK IT OUT LOUD "I AM ANGRY"
- EXERCISE- RUNNING (RAGE RUN!)/ A FAST WALK / SWIM/DANCE
- SCRIBBLE DOWN THE THOUGHTS IN YOUR HEAD
- TAKE DEEP BREATHS AND GET SOME FRESH AIR
- WALK AWAY FROM THE SITUATION TO GET SOME SPACE
- DRAW OR PAINT YOUR ANGER
- PUNCH A PILLOW
- SING LOUDLY (DEPENDS ON WHERE YOU ARE!)

SADNESS AND FEAR



- SELF-SOOTHE- WRAP YOURSELF IN A BLANKET
- CUDDLE A PET- THIS RELEASES HAPPY CHEMICALS
- WATCH ONLINE VIDEOS THAT MAKE YOU LAUGH
- TRY AND GET OUT ONTO THE DAYLIGHT FOR SOME VIT D
- HAVE A GO AT JOURNALING
- CONNECT WITH SOMEONE TO TALK- IN PERSON OR ON PHONE
- BE KIND TO YOURSELF AND PRACTICE SELF-CARE

STRESSED OUT



- TALK IT OUT WITH A FRIEND- DON'T BOTTLE IT UP
- SWAP YOUR CAFFEINATED/SUGARY DRINKS FOR THINGS LIKE WATER OR HERBAL TEA
- DOWNLOAD SOME GOOD BREATHING APPS TO REGAIN CONTROL
- TIDY- MATCH UP YOUR SOCKS, PICK YOUR CLOTHES UP
- PROTECT YOUR 'YOU TIME'- MAKE TIME JUST TO DO SOMETHING YOU ENJOY
- GET ORGANISED AND ASK FOR HELP WITH THIS IF NEEDED
- GET LOST IN A NETFLIX SERIES TO HELP YOU SWITCH OFF
- POP BUBBLE WRAP- THIS ACTUALLY HELPS!

SHAME



- SAVE SOME POSITIVE AFFIRMATIONS ON YOUR PHONE TO REMIND YOURSELF HOW GREAT YOU ARE
- TAKE THE THOUGHT TO COURT- CHALLENGE NEGATIVE THINKING
- DO SOMETHING KIND FOR YOURSELF- RUN A BATH, HAVE A PAMPER.
- STOP SPENDING TIME WITH PEOPLE WHO MAKE YOU FEEL BAD
- TRY AND SPEND SOME TIME IN NATURE, SOAK IN THE SUN, CATCH A SUNRISE
- WRITE IT OUT, THIS CAN HELP YOU GET TO THE BOTTOM OF HOW YOU FEEL
- GET CREATIVE