




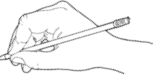




TOP TIPS

Feeling angry, overwhelmed or frustrated by what is going is understandable, especially as we are cooped up in our houses unable to do the things we normally enjoy. Sometimes, this can lead to arguments with those around us or the feeling we're losing control so the VSK Team wanted to share some

CALMING DOWN STRATEGIES

 <p>STOP Tell yourself to STOP!</p>	<p>Give your brain thinking time</p> 
<p>Say to yourself 'be calm... be calm... be calm...'</p>	<p>Count backwards from 10 or 20 or 100</p> 
<p>Walk away from the situation - for example go in the garden</p>	 <p>Tell someone else how you feel</p>
<p>Breathe deeply – in and out five times</p>	<p>Tense and relax your muscles</p>
<p>Take some exercise</p> 	<p>Go somewhere quiet and shout</p>
<p>Write it down</p> 	<p>Listen to some music</p> 
 <p>Set a timer and take a break / time out</p>	<p>Close your eyes and think of a calm / happy place</p>

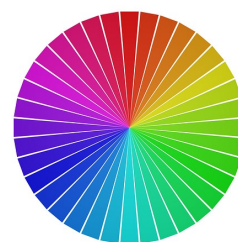
TIPS FROM mind | North Kent for better mental health

BREATHING EXERCISES

[Mind North Kent](#) is a mental health charity that is supporting young people during the Coronavirus pandemic. They suggest breathing activities as a great way to help your mind and body calm down. Deep breathing helps get more oxygen into your bloodstream which has a physical effect on your body to help lower stress.

They recommend different **breathing activities**:

- **Balloon Breathing:** Picture a balloon in your stomach when breathing in and push your stomach out.
- **Colour Breathing:** When you breathe in, picture a calming, happy, positive colour. When you breathe out, imagine a colour that represents stress or unhappiness and picture this leaving your body.
- **Calm Breathing:** Take a long deep breath in through your nose filling your lungs. Hold your breath for a count of 3 then breathe out slowly through your nose with your lips closed.



GROUNDING EXERCISE

Mind North Kent also suggest you try a **grounding exercise** when you are feeling panicked or anxious;

“Try focusing on the five senses; list 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can taste or smell and take 1 big breath. This should bring you back to reality and let you focus on something more enjoyable and relaxing.”



THINK NINJA APP

Anyone aged 10—18 can also download Mind’s [Think Ninja](#) app for free during the outbreak to help deal with feelings of anxiety or stress.