

Relaxation

7/11 Breathing Exercise

Breath in for the count of 7 and then out for the count of 11. This will help you to relax and gain / regain composure in a variety of situations

Use a Stress Ball

Time out

Go for a walk \ swim \ exercise \ socialise with friends

Make time for a bath

Have a relaxing bath before bed

Warm milky drink before Bed

Have at least 8 hours sleep

Listen to relaxing music

Rehydrate with water

Be Brave

Be Proud

Be Determined

Aim High

Be Supportive