

Positive self-talk



Feel calmer and more confident

Think of some negative thoughts you might sometimes have (e.g., "I can't do this!")

Think of three positive phrases you might try to use instead (e.g., "I can do it, I've done it before!")

Write these phrases down and reflect on when you might use them.

Five senses



Feel relaxed and more aware

Take a deep breath. Look around. Try to notice:

five things you can see
four things you can touch
three things you can hear
two things you can smell
one thing you can taste.

Thoughts in the sky



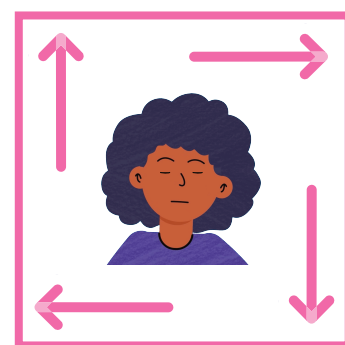
Relax and let go of anxious thoughts

Sit comfortably. Focus on breathing in and out.

As you breathe out, imagine any anxious thoughts floating away into the sky.

Continue this for a couple of minutes, focusing on your breath.

Box breathing



Feel calmer and more relaxed

Breathe in through your nose for 4 seconds.

Hold your breath for 4 more seconds. Feel the air fill your lungs.

Breathe out through your mouth for 4 seconds.

Repeat this several times.