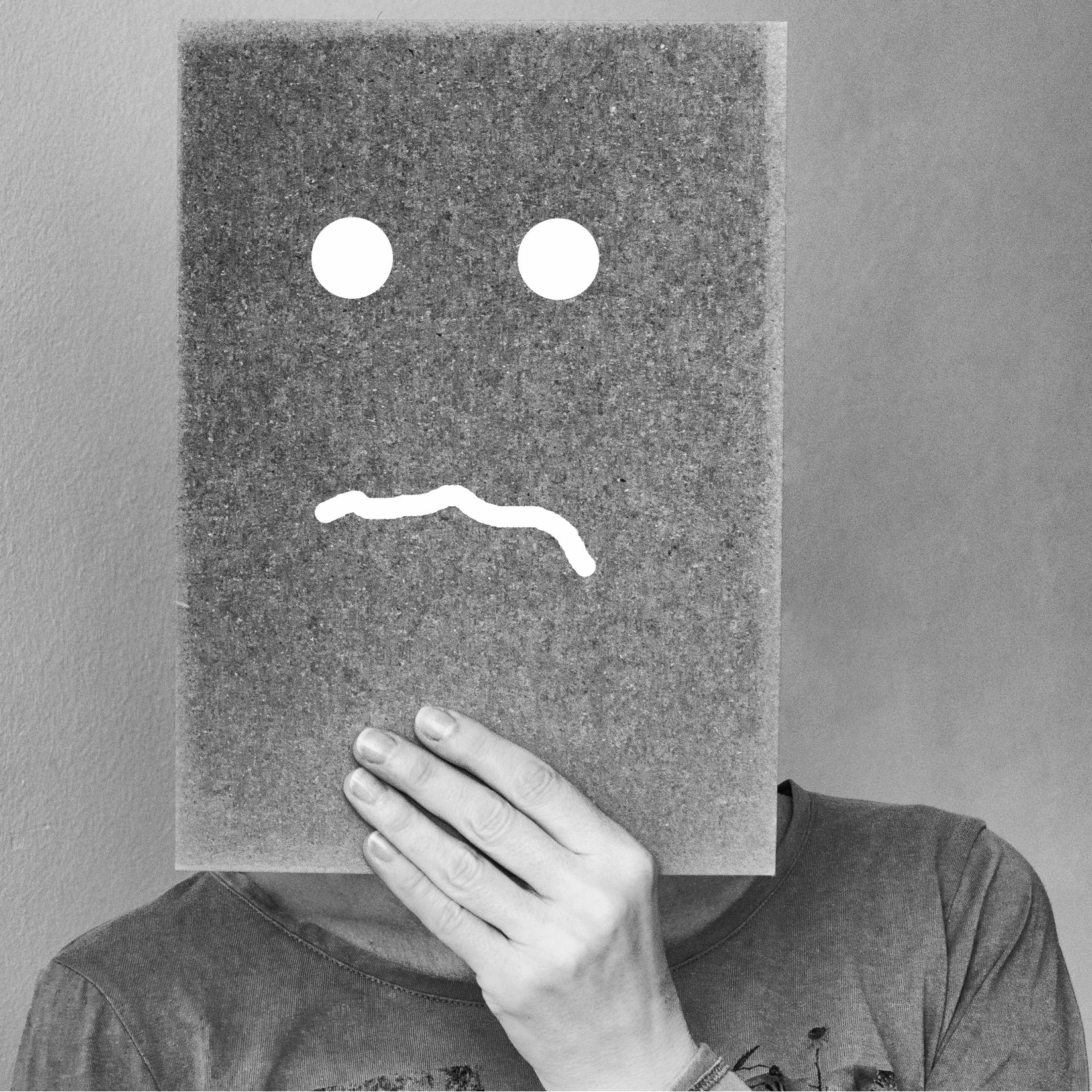


When I feel  
Anxious  
I can...



1. Take some deep breaths

2. Focus on the things that I am thankful for

3. Spend time with those I feel safe with and can just 'be' with

4. Do something that brings me joy

5. Practise Self-Care e.g. have a bath, read a book

6. Listen to some relaxing music or sounds e.g. sea, rain, birds

7. Do something active

8. Get outside and have some fresh air

9. Engage my senses - what is something I can see, hear, smell, touch and taste

10. Develop and maintain a good sleep routine



When my mood  
feels low  
I can...



1. Take some deep breaths

2. Do something active e.g. go for a walk, cycle, youtube workout

3. Be creative e.g. drawing or painting

4. Do something that brings me joy

5. Practise Self-Care e.g. have a bath, read a book

6. Listen to some music


7. Spend time with those I feel safe with and can just 'be' with

8. Practise some grounding techniques - what is something I can see, hear, smell, touch and taste

9. Develop and maintain a good sleep routine

10. Journal - Write down my thoughts and feelings





When I feel the  
urge to self harm  
I can...

1. Take some deep breaths  
and practise some  
relaxation techniques

2. Do something active e.g.  
go for a walk, cycle,  
youtube workout

3. Be creative e.g. drawing  
or painting

4. Practise Self-Care e.g.  
have a bath, read a book

5. Listen to some music

6. Reach out and speak to  
someone about how I am  
feeling or write it down

7. Engage my sense of  
smell

8. Release the energy that I  
am feeling by squeezing a  
cushion, tearing up pieces  
of paper.

9. Practise delaying the  
urge to self harm e.g.  
starting by delaying for 5  
minutes

10. Write a list