



GROUNDING TECHNIQUE



Look around you and notice...

- 5 Things you can see
- 4 Things you can touch
- 3 Things you can hear
- 2 Things you can smell
- 1 Thing you can taste



IMAGERY



Imagine a memory that makes you smile

This could be a holiday or time with friends or family. Once you have the memory in mind, think of the following:

WHO ARE YOU WITH?
WHAT DO YOU SEE?
WHERE ARE YOU GOING?
WHAT ARE YOU DOING?
WHAT CAN YOU SMELL?
HOW DO YOU FEEL?

POSITIVE REMINDERS

THIS IS GOING TO PASS

FEELINGS ARE NOT FACTS

I AM MORE THAN THIS THOUGHT

I AM SAFE AND EVERYTHING
WILL BE OKAY

I CAN BREATHE, I AM CALM

I CAN GET THROUGH THIS



GRATITUDE PROMPTS

SOMETHING THAT MAKES ME
HAPPY IS...

MY 3 FAVOURITE THINGS ABOUT
MYSELF ARE...

SOMETHING THAT MAKES ME
FEEL CALM IS...

A SKILL I AM CONFIDENT IN IS...

MY FAVOURITE PEOPLE ARE...

THE BEST PART OF MY DAY
WAS....

FOR MORE TIPS AND STRATEGIES TO HELP SUPPORT YOUR MENTAL HEALTH, CHECK OUT @DORSETMHST

THOUGHT CHALLENGING

Is this thought 100% accurate?

Is this thought a fact or a feeling?

What is another way to think about this?

What would I say to a friend?

My words How I treat myself

My boundaries How I treat others

The goals I set **THINGS I CAN CONTROL** My attitude

My actions My beliefs My kindness

The past The weather
If people like me The actions of others

THINGS I CAN'T CONTROL

Other people's thoughts The future

How others respond Nature

GO FOR A WALK

GO OUTSIDE

WHAT DO YOU SEE?
WHAT DO YOU HEAR?
WHAT DO YOU SMELL?
WHAT DO YOU FEEL?

AND EXPLORE

ASK FOR HELP

Talking about your problems to someone you trust means they can help you see things differently. They can give you new ideas about how to cope, or help you change things in your life that worry you.

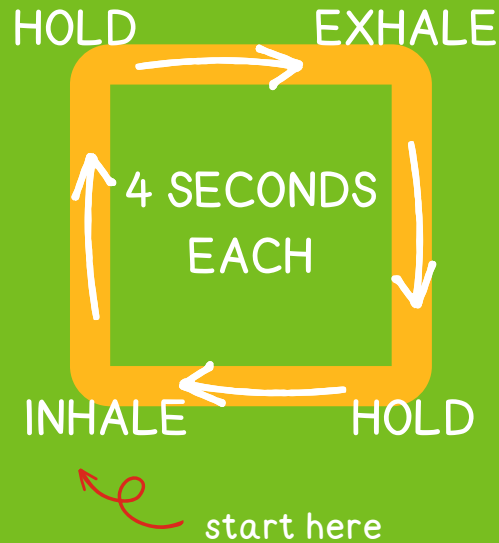
Talk to your parent/carer, school staff, your GP, or contact *Shout* a confidential 24/7 text messaging support service. Text the word 'SHOUT' to 85258.

LISTEN TO YOUR FAVOURITE SONG



Choose tunes and lyrics that can make you feel better. Make a playlist of energising or relaxing songs that could help you feel better or calm you down, depending on your situation.

BOX BREATHING



I CAN LET GO OF...

MISTAKES I HAVE MADE IN THE PAST

TRYING TO LIVE UP TO PEOPLE'S EXPECTATIONS

FEAR OF THE FUTURE

THINGS I CANNOT CONTROL

BUTTERFLY HUG

Give yourself a hug while relaxing your body with the butterfly tapping technique

1. Begin by taking each arm and crossing them to the other shoulder
2. Interlock your thumbs together so that your hands create a butterfly
3. Slowly alternate tapping each shoulder with your hands until you feel more regulated



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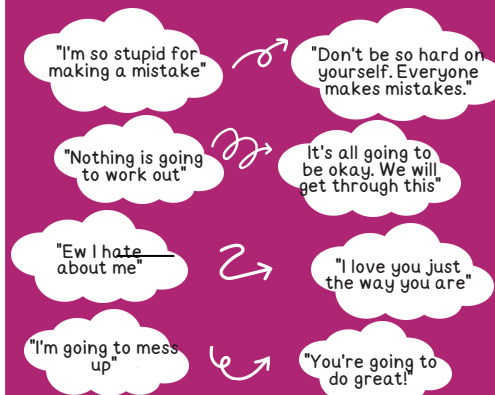
STOP AND LISTEN

Spend a few minutes just listening to the sounds around you.

What sounds do you hear? Are they loud or soft?

Pay special attention to interesting sounds you haven't noticed before.

REFRAME NEGATIVE THOUGHTS



COLOUR COUNTER

Look around the room and see how many objects you can find of each colour.



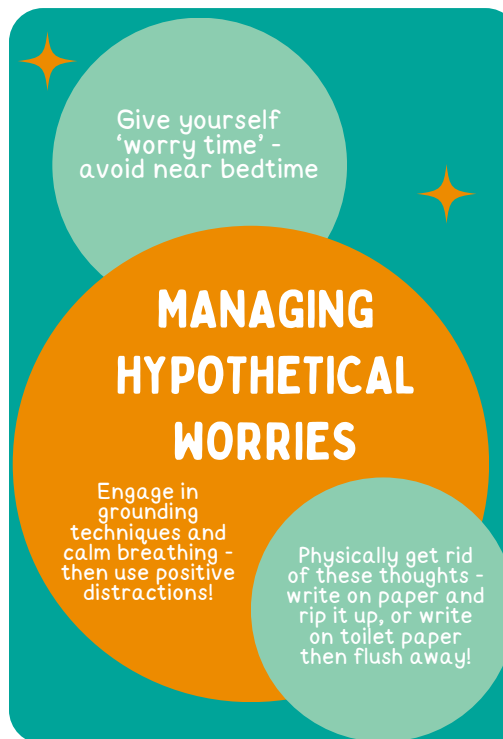
DO SOMETHING THAT MAKES YOU SMILE

You could:
Watch a funny film
A long phone call with a friend
Eat your favorite food

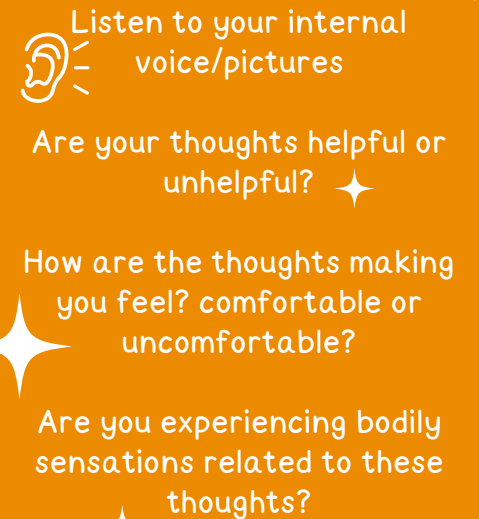
POSITIVE SELF-TALK



PROBLEM-SOLVING



LEARN TO NOTICE YOUR THOUGHTS



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GET CURIOUS

1. Things I notice in the moment
2. What do I already know about the situation- do the clues add up?
3. Ask questions
4. Be explicit and explain personal worries (I don't want to get it wrong... I want to make sure I am helping the right way...)
5. Make a logical assumption and move forward - review as needed!

THOUGHT TO COURT



SELF-AFFIRMATIONS



Think of your positive self-talk shield - talk to yourself as you'd talk to your best friend!

MOVE IN LINE WITH GOALS AND VALUES

Remind yourself of your values — commit to moving forward in line with these and your goals — whether short or long-term!

