



DIGITAL VERSION



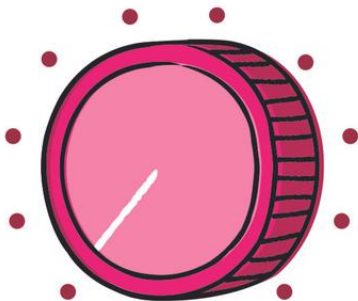
innovative
resources

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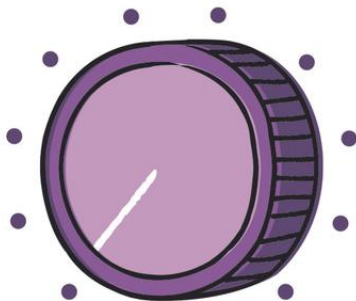
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ADJUST THE SETTINGS

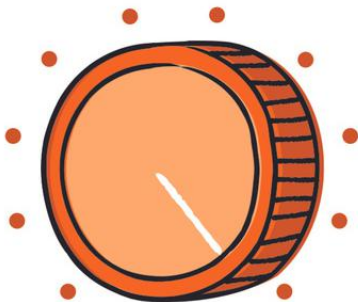
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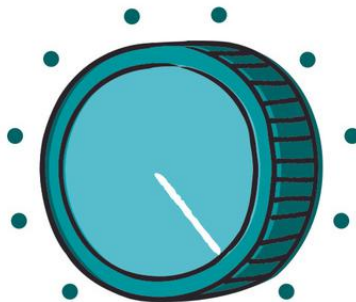
STRESS



NOISE



COMFORT



CALM





Adjust the settings

Imagine a control panel in front of you. Using your mind, you can adjust the settings anytime you want. Reach for the controls and tone down your stress levels. Mute your noisy thoughts. Now turn up those levels of comfort and calm.



ALPHABET LEGS





Alphabet legs

Using your index finger, write each letter of the alphabet in capital letters on your leg. Or imagine you are writing on a blackboard or whiteboard, if you wish. Erase each letter before you go on to the next.



Beach Running





Beach running

Imagine you are running along a beautiful beach as fast as you want, feeling the sand as you run, smelling the fresh ocean breeze, looking straight ahead as you power along. Notice the feeling of freedom, strength or other qualities as you run.



Be here now



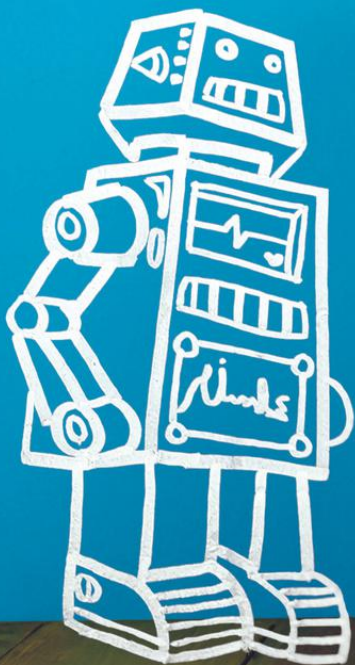


Be here now

When your mind jumps ahead to future concerns or 'What if' worries, remind it to be here now. Right now. In this moment. Take a deep breath in, then exhale slowly, relax your shoulders, and say quietly or out loud, 'Be here now.'



BOOK AT RANDOM





Book at random

Find any book, hard copy or digital. Open anywhere and begin reading a random paragraph out loud. Try a loud voice, a soft voice, a funny voice. Sing the words then read like a robot. Do the words or sounds have any meaning for you? What else would you like to read right now?





Breathing
in

Breathing
out



Breathing in, breathing out

As you breathe in slowly through your nose say quietly to yourself, 'I'm breathing in.' As you breathe out slowly say, 'I'm breathing out.' Continue as long as you feel comfortable. 'I'm breathing in ... I'm breathing out ...'



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Candle flame



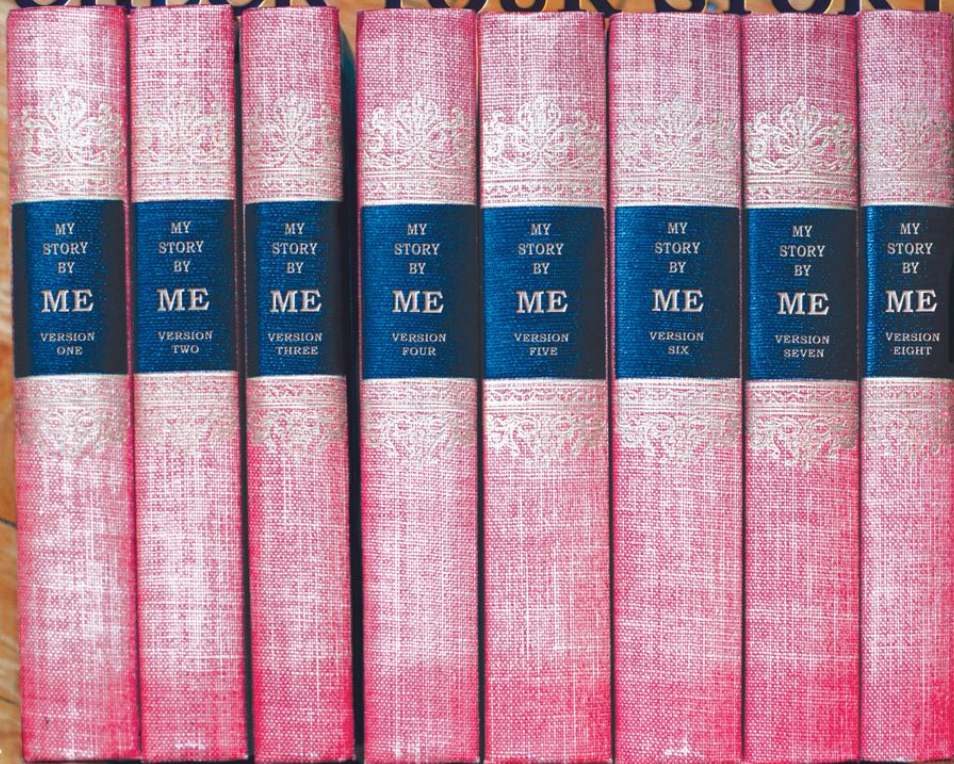


Candle flame

Light a candle now or close your eyes and imagine watching a candle flame. Notice its tapering shape, luminous and ephemeral, moving in the light, changing in brightness, becoming still and steady. Does a candle flame have a symbolic meaning for you?



CHECK YOUR STORY





Check your story

Listen carefully to your self-talk—the messages, comments and stories you tell yourself inside. Is your self-talk helping you or feeding unhelpful ideas? Write down your internal commentary and then re-write it to reflect a more neutral, calm, kind or factual version.



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Clean Sweep



Clean sweep

Slowly take a deep breath in through your nose. Notice the air moving through your nostrils and into your body and mind. Let the air swirl around inside, clearing what needs to be cleared. Then slowly, breathe out.



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coloured dust



Coloured dust

Sit quietly for a few minutes and, without judgement, label each thought, feeling or body sensation you notice. For example, 'worried thought', 'angry feeling', 'tingling sensation'.

Imagine releasing each one into the air after labelling it, like tossing coloured dust.



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**connecting
with all
people**



Connecting with all people

Part of being human is experiencing emotions, and learning to tolerate some discomfort until it passes. This shared experience connects you with all people. Imagine holding hands with everyone in a giant circle, and by feeling that connection, you help hold and reduce all suffering.



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essence of calm



Essence of calm

Pour yourself a glass of water. Using the power of your mind, infuse the water with 'essence of calm'. See the calmness in the water as you pick up the glass and slowly begin to drink. Feel the water flowing calmness down your throat and into every part of your body and brain.





favourite number

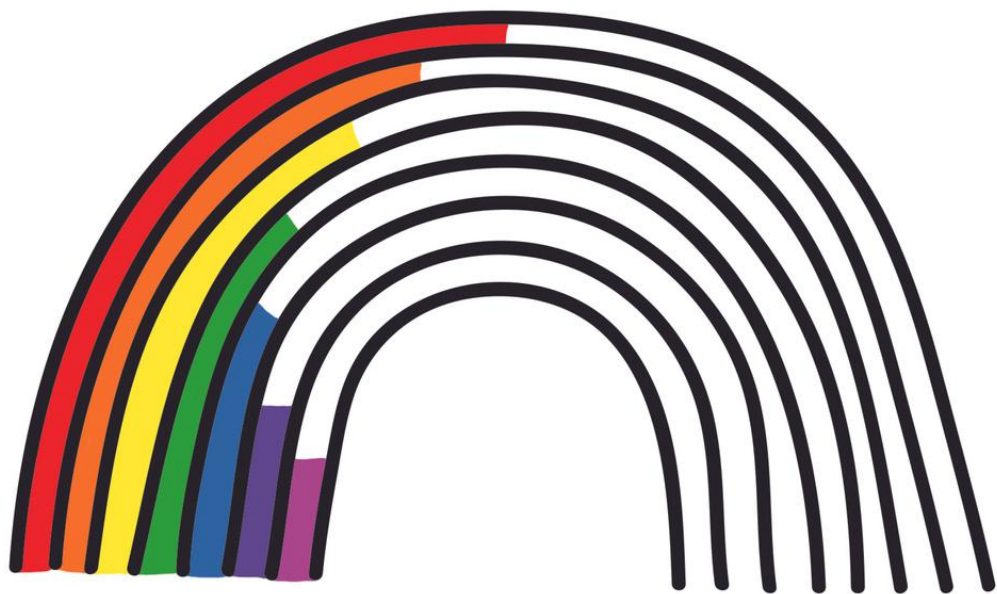


Favourite number

What's your favourite number? Which number is the most calming? The most exciting? The most energising? The luckiest? Which one would you print on a T-shirt if you wanted to bring a positive message to the world? Would it appear as a word or numeral?



FEELING COLOURFUL





Feeling colourful

What colour represents how you are feeling right now? What colour is the feeling you would prefer to be? Can you see anything close to that colour around you? Imagine that colour filling your body and mind right now.







Floating

Imagine floating effortlessly in a safe, shallow pool of water that is exactly the right temperature. Let yourself float around gently—maybe even swim, if you wish—until you are ready to get out, feeling much clearer and calmer than before.





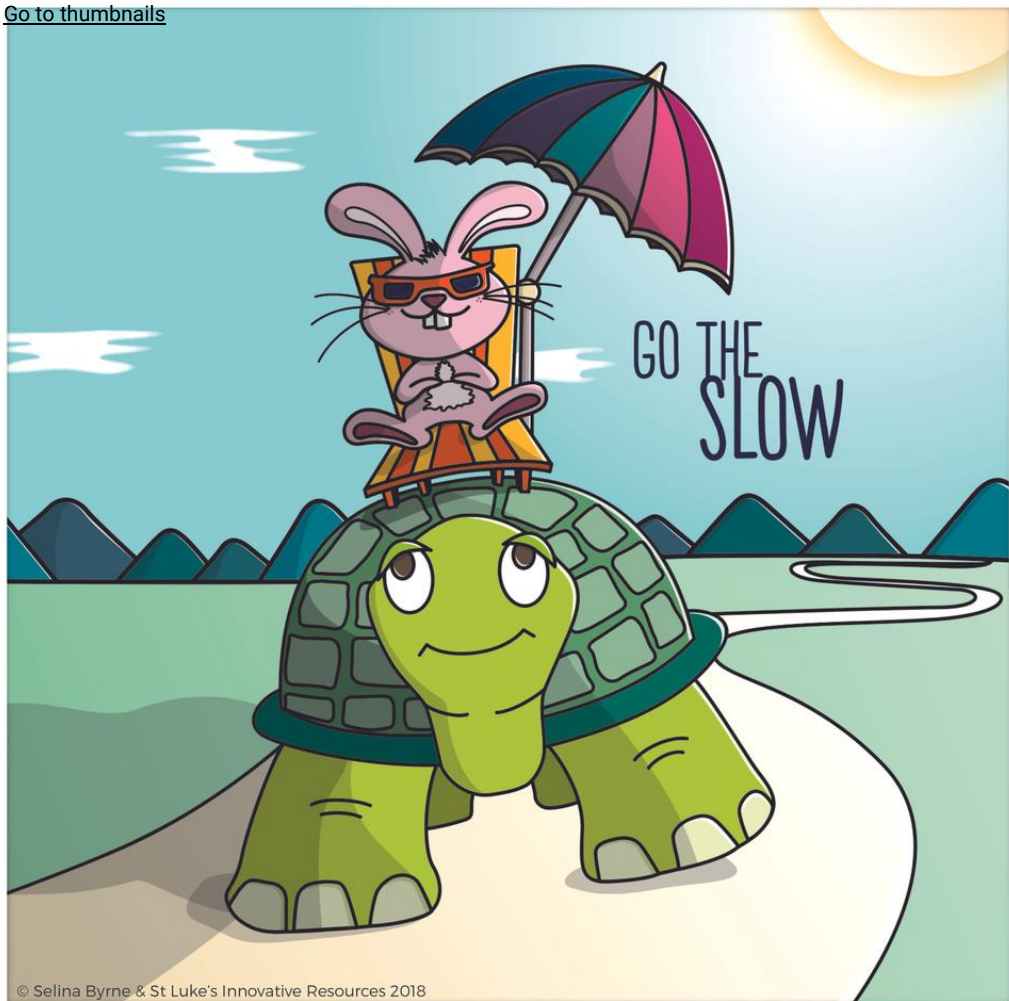
CRAFT SCULPTING
painting
GET CREATIVE
doodling
DANCE
art SING & BUILD
gardening
WOODLING
COOKING
WRITING TAKE PHOTOS
*NIT
WEEKEND DAY
DREAM
MUSIC
WOOD
WORK
DRAWING



Get creative

How do you get creative? Is it through craft, art, music, cooking, gardening, woodwork, doodling, noodling, or something completely different? Plan a creative project. Gather your stuff. Start. Finish. Try something new.







Go the slow

For a few minutes, slow everything right down. Walk, talk, breathe, move, blink in slow motion. Let even your thoughts, feelings and observations come in slow motion. Try it for a little while now. Then practise dropping the pace at key moments throughout the day.



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House of you

Imagine you're a house, perhaps a mansion or a small apartment. Draw the house and label the rooms according to different aspects of you. Confident? Vulnerable? Strong? Outgoing? Shy? Notice how the different aspects of you combine to create a unique and interesting interior design.





**is
something
missing?**



Is something missing?

What could you bring into your life right now that would enhance things just a little, or create more calm and enjoyment? Write down three things you'd like to do more of.



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It's all in the detail



It's all in the detail

Focus on something you can see right now. A pen, a chair, a car, a tree. Notice its colour, shape, texture and size. In as much detail as possible, describe it out loud, in writing or quietly to yourself. Repeat with another object, if you wish.



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left



right



Left to right

Look slowly from the word 'left' to the word 'right' on the front of the card. Continue looking back and forth without moving your head. Find the most soothing speed for you. Now try moving your eyes between two objects on opposite sides of the room. Continue until your calmness increases a little.





letting go



Letting go

Close your fists tightly and imagine you're holding all your tension in your hands. Hold for a count of five. Now slowly release your fists, letting go of all the tension. As your fists release, what other parts of your body let go as well?



MAKE A PLAN





Make a plan

List three things that would help you feel more calm or in control. Include something physical like a walk, something social like contacting a friend, and something practical like laundry. Write down what you plan to do in each of these areas and when.

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**MAKE
PEACE
WITH
WHAT IS**



Make peace with what is

Sometimes aspects of life are beyond your control or influence. Try saying to yourself three times now, 'It is what it is.' Notice carefully how you feel as you say it. Now try saying, 'I'm willing to accept this and I choose peace.' Observe very closely. How does that feel?





Many Ways to Meditate



Many ways to meditate

Do you have a favourite way to meditate? You could close your eyes and watch your breath, count numbers, recite the alphabet, repeat a word or phrase (such as 'calm and clear') or visualise a tranquil scene. Try them out and see which one works best for you.



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Music

Think of a song or piece of music that energises, soothes, transports or uplifts you. Can you listen to this music right now? Perhaps sing it, hum it, or hear it in your mind. Focus on the music and let it transform your mood.



OK IS OK



Ok is ok

It's ok. You can now choose to know that it's ok. You're ok. Everyone is ok. Everything is ok. Choose to be ok now with whatever is going on. Repeat out loud or quietly to yourself, 'It's ok.'



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**ONE
AT A
TIME**



One at a time

Imagine holding three basketballs. Now put one down. Notice how much easier it is to hold two. Now put another one down. The other balls are still there but notice how much control you have holding just one ball, with both hands. What can you put down right now?



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**ONE
SMALL
STEP**



One small step

Can you take action on one thing today? One small step that would improve things, ease the pressure, reduce the brain's load? Write it down and get it happening!



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overarm

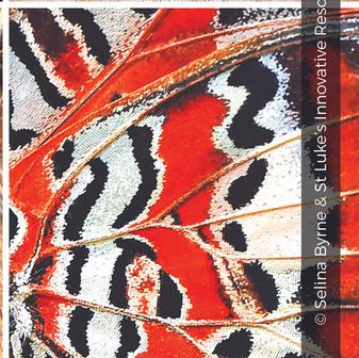
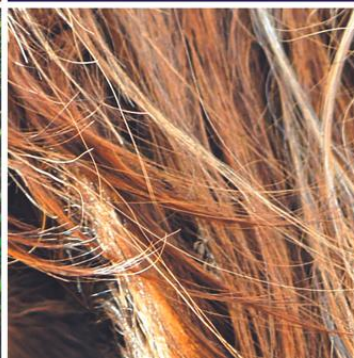
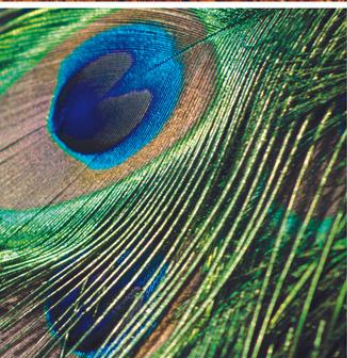
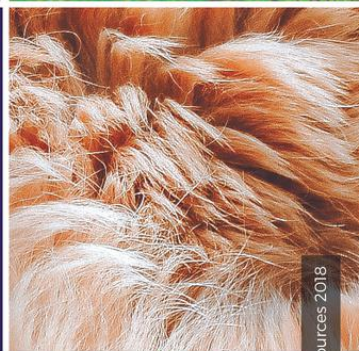
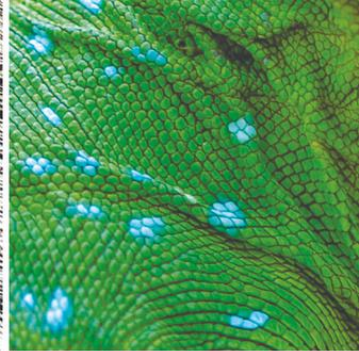
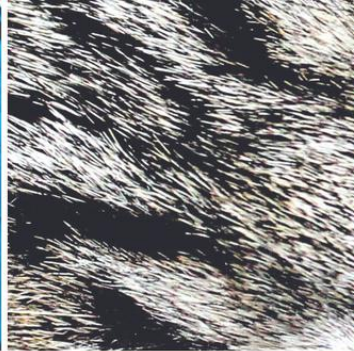
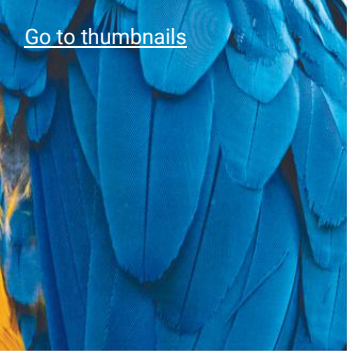


Overarm

Cross your arms. Place your left fingers on your right upper arm and your right fingers on your left upper arm. Tap each side alternately. Left, right, left, right. Does it feel better to go faster or slower? Is one side easier or harder? Is one side cooler or warmer?



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Pet therapy

Think of your favourite pet—real or imaginary, past, present or future. If you can stroke it, imagine doing that now. How does it feel and smell? What do you like most about it? What effect does it have on you—calming, reassuring, energising?



PICTURE



THIS





Picture this

Draw how you are feeling right now. It could be a picture or simply shapes and lines. Now draw how you'd like to be feeling. Draw an arrow from the first illustration to the second. Add as much detail as possible to the second illustration.





YES!

POWER STANCE



Power stance

Stand up. Place your feet shoulder-width apart. Lower your centre of gravity by bending your knees slightly. Feel the steadiness of your body around your abdomen. Bring all your power into that space. Make your hands into fists and place them in front of you. Repeat: YES! YES! YES!







Safety switch

Whatever you are thinking and feeling, you can install and activate your safety switch. Notice the colour and shape of your safety switch. Reach out and turn your safety switch ON. Feel the change as you activate your safety switch and enhance your feeling of SAFE NOW.







Savour the good things

Write down three words to describe how you feel right now. Now write five things you feel good about, or that have gone well today—no matter how small. Take time to savour and describe each one. Now write down how you already feel a little different.



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Second Skin



Second skin

Notice the fabric of your clothes against your skin. Is it soft or coarse, light or heavy, tight or loose, warm or cool? Would a different fabric on your skin—real or imagined—help you feel more comfortable? Describe the feeling of your favourite fabric.







Sensing heat

Notice the temperature in your legs or arms. Which side is warmer; left or right? Focus on one side and see if you can increase or decrease the temperature using the power of your mind. Now, do it on the other side.



SHELVE IT





Shelve it

Find a small box and some strips of paper. Write down one worry per strip. Place your worries in the box, close the lid and put the box on a shelf. You can always take out a worry later, if you wish (or never!) but for now you have shelved it.



skimming stones





Skimming stones

Imagine you are standing in front of a lake with a pile of smooth, white pebbles at your feet. Begin skimming the stones across the surface of the water. Watch as each stone bounces three or four times then sinks gracefully.



Soundscape

swoosh

whisper

trickle

creak

buzz

hum

rattle

swish

cheep

rustle

whistle

whir

murmur

SIZZLE

TICK-TOCK



Soundscape

Listen closely to the sounds you can hear right now, both around you and within you. Perhaps birds, traffic, a door closing, your own breath. Can you describe each sound? Focus your attention on the most soothing sound. Allow it to amplify.



IT'S OK
COMFORT
I'M HERE
YOU ARE STRONGER THAN
YOU THINK
I DO CARE
YOU ARE
LOVED
YOU WILL
GET THROUGH THIS
YOU ARE WONDERFUL
I UNDERSTAND I'M HERE
YOU ARE STRONGER THAN
YOU THINK YOU ARE LOVED
YOU'RE MY SPECIAL SOMEONE



Special someone

Think of a favourite person—someone who provides words of comfort, reassurance or inspiration for you—or imagine such a person. Imagine their face, their voice, their words. What would you like them to say to you most right now?



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**SUPPORT
NETWORK**



Support network

Make a list of supportive people; real or imagined, past or present. Perhaps include celebrities, musicians or philosophers. What strengths would help most right now—objectivity, optimism, fun?

Someone familiar or the wise words of a stranger?

How can you expand your support network?

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TACTILE TERRITORY



Tactile territory

Take off your shoes and feel the carpet or floor beneath your feet. If you can, go outside and walk in bare feet on the grass or pathway. Feel the surface beneath the soles of your feet—grounding you, centring you, connecting you.





TAKE
CONSCIOUS
STEPS



Take conscious steps

Stand up. Take two steps forward. Stand still and breathe in. Then take two steps back to where you were. Breathe out. What's different when you arrive back? Try it again. Notice very carefully.



TAKE TWO

LOCATION INSIDE MY LIFE

TAKE
2

4
SCENE

SOUND

GOOD

DIRECTOR

ME!!!

DATE



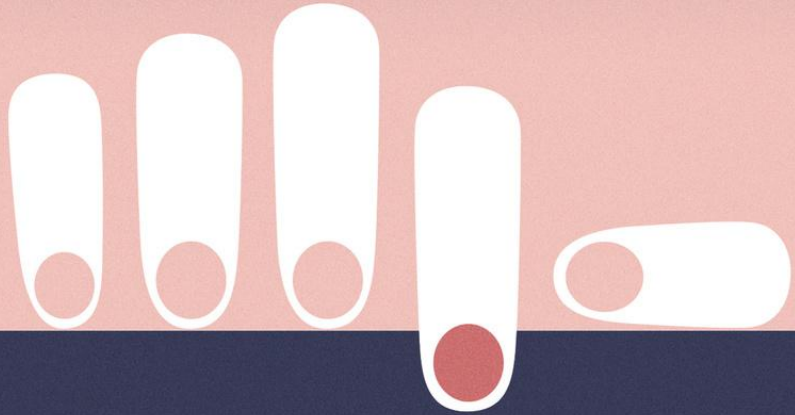
Take two

Remember a time when you felt strong, powerful and confident. See it as a movie and place yourself inside the scene now, seeing what you saw, feeling what you felt then. Bring that version of you right here into this situation.

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TAPPING **FINGERS**



Tapping fingers

Allocate the number one to your thumb, two to index finger, three to middle finger, four to ring finger and five to pinkie. Count to five tapping each finger as you go. Then count backwards. Then try these tapping sequences: 34512. 42324. 231423. 53523.



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THE BASICS



The basics

Go back to basics! Think about how you're doing with the following four building blocks of mood—food, sleep, exercise and relaxation.



What's working and what would you like to change? What is one thing you could do to improve the quality of each of these?





the calm gap

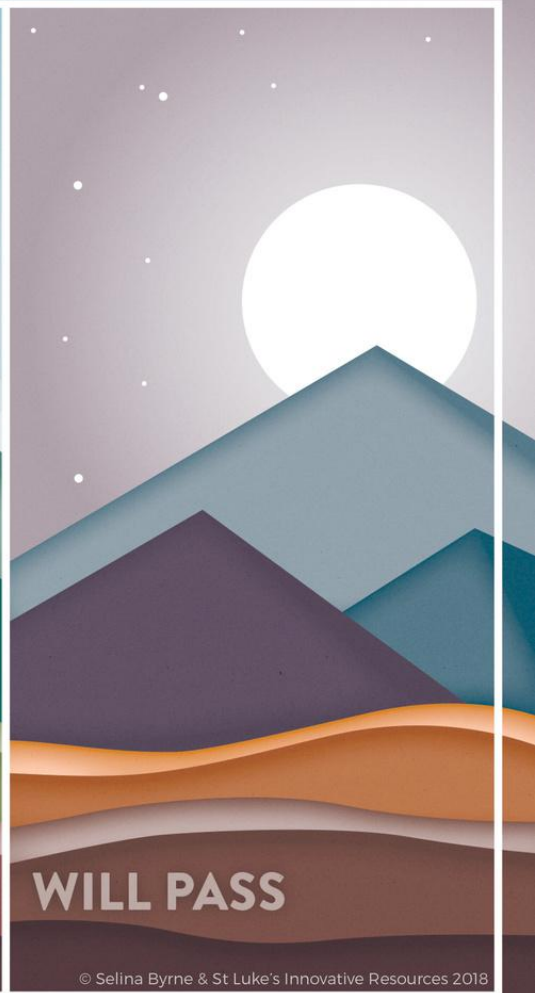


The calm gap

Have you noticed the gap between thoughts? The longer the gap, the calmer you feel. Say to yourself, 'I wonder what my next thought will be.' Now wait. Notice the calm gap. Let the next thought arrive and pass by. Say again, 'I wonder what my next thought will be.' Wait. Keep watching the gap.



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This too will pass

Remind yourself that all feelings and emotional states pass. Like the seasons, the tides or a passing storm, they arise and subside. Disruption followed by smoother phases. Begin to wonder about your next smooth phase. What will it be like?



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Worry

Calm

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THOUGHT BUBBLES





Thought bubbles

Draw two stick figures—one representing your anxious, stressed mind and the other, your wise, calm mind. Draw a thought bubble above each figure and write relevant thoughts in each one. Maybe there's a third stick figure who can comment on what the others are saying?



