

Self-Help Ideas

Breathing

- 478 Breathing (breathe in for 4, hold for 7, breathe out for 8).
- Slow Breathing (Breathe in 1,2,3,4 hold & breathe out 1,2,3,4 hold)
- Belly Breathing (with your hands on your stomach, breath in your stomach expands, breathe out your stomach draws in)

Grounding

- 5,4,3,2,1 (notice 5 things you see, 4 things you feel, 3 things you hear, 2 things you taste or smell, and say one positive thing about yourself)
- Muscle Tense and Release (tense your whole body for 10 seconds then release).
- Notice (your feet flat on the floor, take a deep breath, let your exhale sigh out)
- Self-Talk (tell yourself helpful things, be kind to yourself - you've got this!)

Connection

- Talk with a friend, teacher, or parent
- Visit the school counsellor
- Go to the school office

For more ideas, download or visit:

- Mindshift app
- AnxietyCanada.com
- Calm app