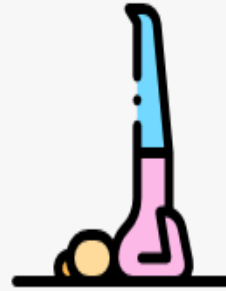


Mindfulness Strategies

Techniques to deal
with stress and
anxiety



Introduction

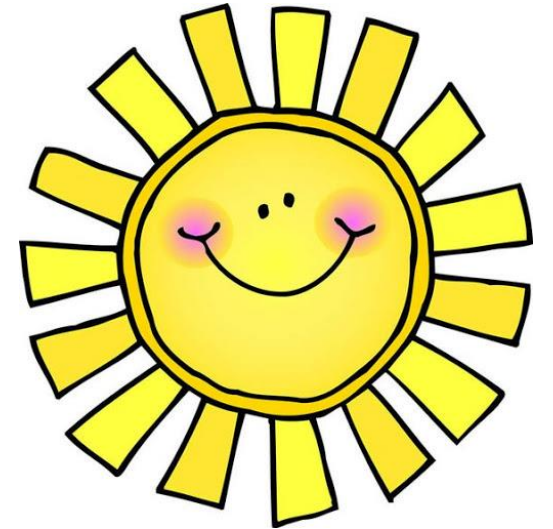
- On this PowerPoint you will find 13 different activities that could help you to manage any stress or anxiety that you may be experiencing
- It is important to note, that not every activity will suit you, explore the activities and find the ones that work for you
- The key to success with these activities is repetition. Try to practice them as often as you can – the more you use the strategies the more engrained in your routine they will become and your body will respond much quicker

1. Be active

- Exercise won't make stress disappear, but it will help reduce the emotional intensity that you're feeling – clearing your thoughts and allowing you to approach things calmly
- Decide what you are going to do and when; this will make you more likely to do it :
 - Go for a walk in the park
 - Go for a bike ride
 - Run a 5K (use the couch to 5K app to help you)
 - Find a fitness video on YouTube

2. Be Positive

- Try to think of the cup of 'half full' rather than 'half empty'
- Look for the positives in life and try to find things that you are grateful for
- At the end of each day, take 10 minutes, and try to **write down 3 things that made you happy**
e.g. a phone call from a friend/visiting a family member
a particular song on the radio/ starting a new book



3. Breathe

- Slow down your breathing
- When you take slow deep breaths, you increase the blood flow to your brain, which will help you to feel in control
- Use the 'Guided Meditation 1: breathing' video to help you (this can be found on the school YouTube channel)
- Before you start a new task, you may find it useful to take 3 deep breaths to help you focus

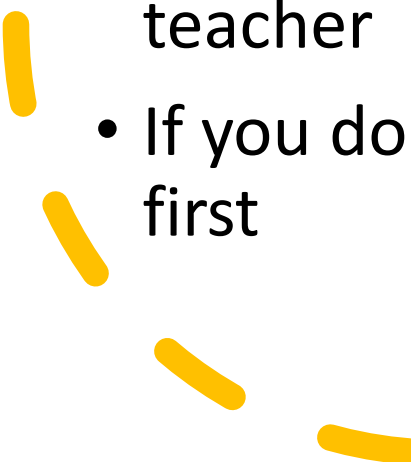
4. Eat Well

- If we are experiencing stress, it is more important than ever to eat well
- Otherwise it is like running a car on empty
- Ensuring that you eat three nutritious meals a day will also help to structure your day
- Eat breakfast
- Get your 5 a day as often as you can
- Sit down with other people to eat your meals
- Learn to cook something new





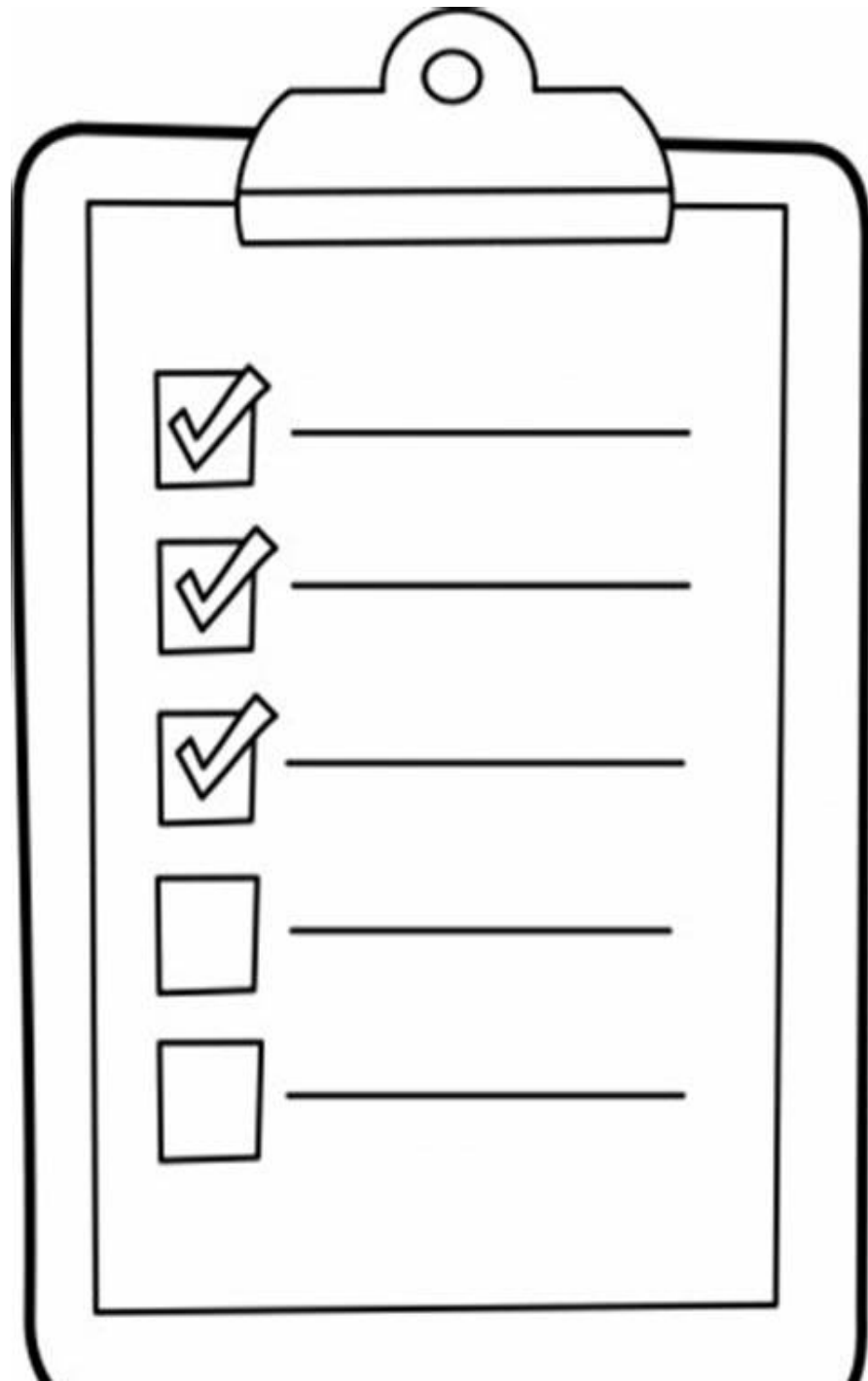
5. Talk about it

- You don't have to solve every problem on your own
 - Talking about your feelings can be the first step towards dealing with stress and anxiety
 - Choose someone you are comfortable with – this could be a family member or responsible adult in your life, a friend, or your guidance teacher
 - If you don't know where to start, or what to say – try writing it down first
- 

Useful numbers and websites

- Anxiety UK (if you have been diagnosed with an anxiety condition) – 03444 775 774
- Samaritans – 116 123
- NSPCC – 0800 11 11
- Beat (eating disorders) – 0808 801 0711
- Saneline – 0300 304 7000
- Breathing space – 0800 838 587

- Sane.org.uk
- Youngminds.org.uk
- Moodcafe.co.uk



6. Make a list

- When we have lots of tasks to do, our automatic response may be to ignore them, resulting in work piling up and our stress increasing
- Making a list is a good way to break everything down, allowing you to give you small goals of what you need to achieve – we also feel good when we are able to tick things off our lists
- Make the tasks specific e.g. ‘homework’ is too vague and less likely to get completed, instead write down the specific homework tasks that you have to complete for each subject area
- You could also include chores on your list

7. Helping Others



- Helping others can make us feel better about ourselves and better connected to those around us
- Start by helping your friends, family or neighbours – this could be asking if they need anything from the shop to walking the dog or helping a friend with their homework
- You could also volunteer in the local community; this could be from donating to the local foodbank or volunteering at a befriending service
- You should be able to find out what is happening in your local community online or on social media

8. '5 4 3 2 1'

- This technique grounds us in the present by focusing on our senses
- You can shout this out loud, whisper it quietly, or just do it mentally
- Repeat it as many times as it takes for you to feel calm
- This technique is especially useful if you are experiencing panic attacks

5 SENSES GROUNDING TOOL



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

9. Details

- This technique will help to ground you in the present and distract your thoughts
- Talk to yourself in a calm voice (so that no one else can hear if you are out in public)
- Describe the details that you can see e.g. who can you see, what are they wearing, what are they doing, what objects can you see, what is the weather like?
- Try to make your descriptions as detailed as possible e.g. if you notice a person wearing a jacket, what colour is it, does it have pockets, are there buttons?
- Keep going until you notice that you are calming down and feeling relaxed

10. Mind Games

- Playing games in our heads (or out loud) is another way to ground us in the moment and calm down when feeling stressed or anxious
- Count backwards from 100
- Count forwards in 3s (1,4,7 etc.)
- Spell the names of your friends backwards
- Name all the names of the football teams that you know
- Name countries starting with the letter A (then, B,C...)
 - For the last two bullet points change the categories to whatever you want to keep challenging your brain/make it easier for you to answer



11. Keep a diary

- If you aren't ready to talk about your day-to-day experiences and feelings, or are just trying to make sense of them, keeping a diary is a great way to get everything out
- This could be done in a notebook, a word document or even a note on your phone
- Keeping a diary gives you a place to vent your feelings and an ability to process your experiences
- It is also a way to keep track of our feelings and how they may have changed over time
- You don't have to write everyday, just when you feel like, but try to record the positive as well as any negative experiences

12. Safe Space Visualisation

- Think of a real or imaginary space
- This space should make you feel completely safe and happy
- Get a picture of it in your head, move around in the space and explore it
- What can you see? What can you smell? What can you taste? What textures can you feel?
- Stay in your safe space for as long as you need to
- Practise getting the safe space in your head as often as you can – the more practice, the better you will be at doing this and the stronger the good feelings will be

13. Yoga

- Yoga is the perfect exercise to help us to become mindful
- You could begin by exploring the different poses on this slide, holding the pose for 10-20 seconds at a time and repeating on both sides
- There are lots and lots of free yoga tutorials on YouTube and free apps – play around and find one that suits you

