

KILSYTH ACADEMY

POSITIVE COPING STRATEGIES

DEEP BREATHING TECHNIQUES

Deep breathing techniques can be used to help you stay calm and combat anxiety at this time.

These can be done anywhere but may work best in a quiet setting where you feel comfortable and free from distractions.

Balloon Breathing

- You should inhale through your nostrils slowly noticing your stomach expanding like an inflating balloon
- You should then exhale slowly through your mouth imagining a balloon releasing air
- Repeat this for as long as is needed, slowly inhaling, and exhaling.

NHS.UK Breathing Practice

- Breathe in through your nose and out through your mouth
- Breathe in gently counting slowly from 1 to 5; You may find it difficult to reach 5 at first but should continue to aim for this
- Then without pausing or stopping or holding your breath, breathe out gently counting slowly from 1 to 5
- Repeat this for as long as is needed, slowly inhaling, and exhaling.

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GROUNDING TECHNIQUES

Grounding techniques are strategies that can help calm a person when feeling extremely panicked or overwhelmed.

The purpose is to help them calm down and cope more positively with anxious thoughts and feelings.

Square breathing

This is where you breathe in for 5 seconds, hold your breath for 4 seconds, breathe out for 4 seconds, and repeat continuously to slow your breathing and calm your body and mind.

Re-focusing on your senses

You should name:

- 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

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POSITIVE AFFIRMATIONS

Affirmations are positive statements that help you overcome negative thoughts. These can lead to you thinking differently and making positive changes.

The below positive affirmations can be used to help you to think positively and combat negative thoughts / feelings you may experience.

You can repeat these affirmations in your mind, by saying them out loud or writing them down.

Affirmations to try

- I control my own actions, so I will focus on acting positively.
- I am not scared of challenges, I will learn from them and succeed
- I know tough times never last.
- I will work around the obstacles in my way to be the best version of me.
- I have what I need to get through this.
- I get stronger every day.
- I will learn from today and be a better me tomorrow.

MAKE YOUR OWN POSITIVE AFFIRMATIONS

Try to make affirmations which are positive and feel right for you. These should be short and easy to repeat internally, out loud or on paper.

