

Skills for Recovery

Young People

Week 3...Regulating

DOING THINGS THAT MAKE US FEEL BETTER STRAIGHT AWAY

WHAT DO I NEED TO KNOW THIS WEEK?

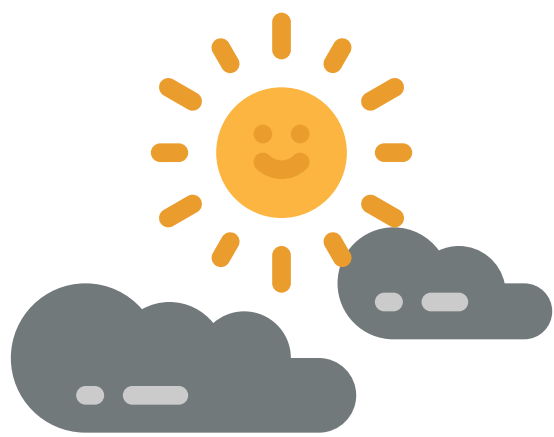


We all 'flip our lids' sometimes, but by doing something different we can change how we think & feel.

When we feel anxious or scared, often we find we can't think straight. We 'flip our lids' and it's hard to listen to reason.



Things will get better, seem a bit brighter & you will be okay.



Regulating strategies can help you think straight again.



You can use regulating strategies at any time, in any place.



It's helpful to try regulating strategies to find what works best for you.

My Calm Box

movement break

MINDFULNESS

DRAWING

just breathe

WHAT CAN I TRY STRAIGHT AWAY?

If in doubt, breathe it out!
(Breathpod, Instagram)