

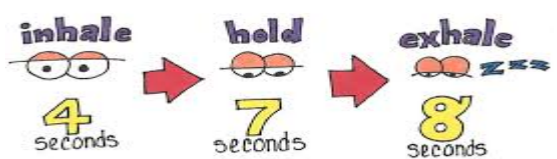
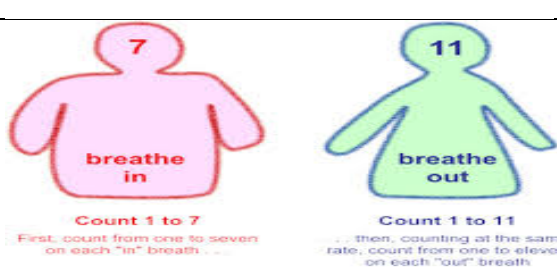
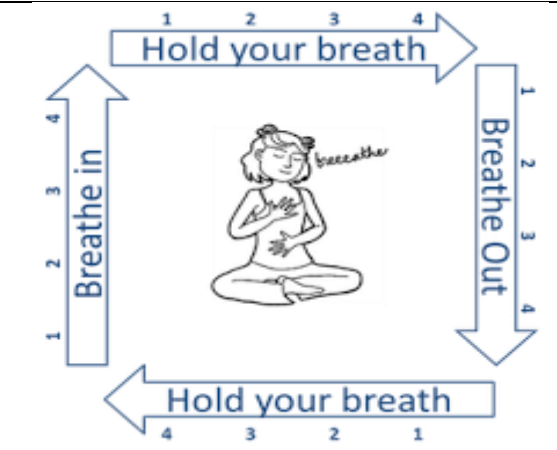

## Fighting the Worries:

Sometimes when we are worried, it affects the way our body feels. Lots of people don't like the way that their body feels when they are worried. They might get sweaty, their heart might beat faster, and their mind might get really busy and full of lots of horrible thoughts.

Below are some things that we can do to distract ourselves until our body starts to feel normal again. There are lots more different things that can also help to keep our body calm. Things like colouring-in, doing a jigsaw, and listening to music. Regular exercise and drinking lots of water also helps. Different things work for different people. It is good to try lots of different things and find out what works for you.

What helps you most when you are feeling worried?

## BREATHING

Worry Warrior Technique:	How to do it:
	<b>4,7,8</b> Focus on the following breathing pattern: empty the lungs of air. breathe in quietly through the nose for <b>4</b> seconds. Hold the <b>breath</b> for a count of <b>7</b> seconds. Then exhale for <b>8</b> seconds. Repeat.
	<b>7,11</b> The <b>7/11 technique</b> is a breathing exercise where you breathe in for a count of <b>7</b> seconds and out for a count <b>11</b> seconds. It is used to help you relax and gain/regain composure in a variety of situations.
	<b>1,2,3,4</b> <ol style="list-style-type: none"> <li>1. Shut your eyes and pay attention to the way you normally breathe for several breaths.</li> <li>2. Then, slowly count 1-2-3-4 as you inhale through your nose.</li> <li>3. Exhale for the same four-second count.</li> <li>4. As you inhale and exhale, be mindful of the feelings of fullness and emptiness in your lungs.</li> </ol>
<b>54321 Grounding Exercise</b> 	<b>5,4,3,2,1</b> <b>5:</b> Acknowledge <b>FIVE things you see</b> around you. It could be a pen, a spot on the ceiling, anything in your surroundings. <b>4:</b> Acknowledge <b>FOUR things you can touch</b> around you. ... <b>3:</b> Acknowledge <b>THREE things you hear</b> . ... <b>2:</b> Acknowledge <b>TWO things you can smell</b> . ... <b>1:</b> Acknowledge <b>ONE thing you can taste</b> .

## GROUNDING

**DISTRACTION**

100...97...94...

Count backwards in 3s from 100  
Count backwards in 4s from 100  
Repeat as required.



**Word Association:**

Think of a topic. List in your head all the words associated with that topic. Stop if you repeat a word or take longer than 5 seconds to think of a word. Move on to a different topic. If your topic is *Animals* – your associated words might be - *dogs, cats, whale, shark, tiger*. Use an iPad or phone to type in your words. Or write them down as quick as you can. Repeat until panic symptoms reside. You can have a list of topics to revert to for when using this technique.



**Focus object:**

Pick one object in clear sight and consciously note everything about it possible. For example, you may notice how the hand on the clock jerks when it ticks, and that it's slightly lopsided. Describe the patterns, colour, shapes, and size of the object to yourself. Focus all your energy on this object.

**I am strong.  
This feeling  
will pass.**

**Have a 'go-to' Mantra:**

Repeating a mantra internally can be relaxing and reassuring, and it can give you something to grasp onto during a panic attack.

Whether it's simply "This too shall pass," or a mantra that speaks to you personally, repeat it on loop in your head until you feel the panic symptoms start to subside.