

WAYS TO SETTLE YOUR MIND.



5 SENSE METHOD



To engage with all of your senses, this will help bring you back into the "here and now". This technique can be used to help when you may be feeling overwhelmed.

Think of:

- 5 things you can SEE
- 4 things you can TOUCH
- 3 things you can SMELL
- 2 things you can HEAR
- 1 thing you can TASTE

SQUARE BREATHING

Square breathing aims to help regulate your breathing which in turn will help you settle and be more calm.



WORRY TIME

TOP TIP:

Try not to schedule worry time before bed as this can prevent you from falling asleep

This strategy focusses on having a designated time to think about your worries which can stop your worries from impacting the rest of your day.

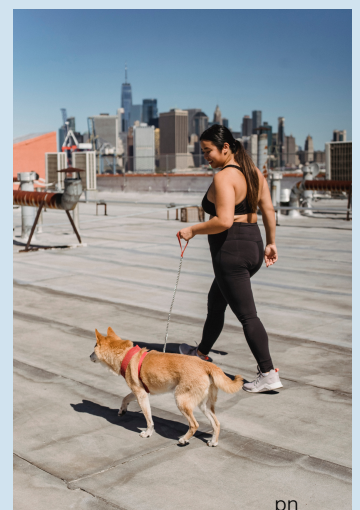
1. Pick a time where you can focus on your worries this should be no longer than 10 minutes
2. If you become worried at another point of the day, write it down to come back to later
3. Once it is worry time, worry as much as you'd like, if you become bored- notice this feeling!



PLAN ACTIVITIES YOU VALUE

Planning activities you value is a great way to keep you socialising with friends. It can also make you feel more energised and bring more joy to your life.

1. Make a list of activities you enjoy or would like to try
2. Once you have a list, choose which ones seem doable and make a plan
3. Have weekly targets (how many activities you'd like to do a week).



USEFUL APPS/CONTACTS



WorryTree

Category: [Mental health](#)
Free

The WorryTree app aims to help you take control of worry wherever you are.

You can use the app to record whatever you feel worried about. It uses [cognitive behavioural therapy \(CBT\)](#) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.



Pzizz

Category: [Sleep](#)
Free, with in-app purchases

The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.

It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.



Catch It

Category: [Mental health](#)
Free

Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Feeling Good: positive mindset

Category: [Mental health](#)
Free, with in-app purchases

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

