



My Little Book of



I. The Stress Bucket

Stress

The sources of stress are external to us. We can't control how much stress comes into our life at any one time.

Body/Mind

A little bit of stress is good for us-it keeps us motivated, but too much can be overwhelming.

Release Behaviours

We need to reduce the amount of stress in our life by engaging in stress-relieving behaviours.



2. Try A Brain Dump



- Brain dumps: Help organise your thoughts, reduce stress, helps focus, & provide prospective.



Find a quite space with a book and a pen & set a timer for 5 minutes.



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There is no wrong way of doing this. Just write down what feels right to you and allow your worries to be cast of onto page.

- Once the timer is up close the book or you can choose to rip up the page.
- This can be extremely helpful right before bed or in the morning to release your mental baggage.



3. Daily Dose of Vitamin N

Focus on getting a daily dose of Nature, even as little as 10 minutes can make a big impact.

Getting outdoors into green space lowers stress, improves mental focus and reduces tiredness.



4. The 3 P's

Every night write down 3 things that you are grateful for.
Try to find a little happiness in everyday.

Focus on 3 P's:

Person - you are grateful for

Pleasure -something you enjoyed that day

Plan - a goal you hope to achieve for the future (tomorrow, over the week or by next month)

You could do this as a family at dinner time or when everyone is together.

TODAY I'M GRATEFUL FOR

PEOPLE I'M GRATEFUL FOR

THINGS I'M GRATEFUL I HAVE

GREAT THINGS THAT HAPPENED TO ME TODAY

- 1.
- 2.
- 3.

5. A simple grounding Technique when you are anxious



- Name 5 things you can hear
- Name four things you can see
- Name 3 things you can touch
- Name 2 things you can smell
- Name 1 thing you can taste

Positive things you can do while social distancing

- Cook a healthy meal
- 5 minutes movement per hour
- Call a friend
- Arts & crafts
- Painting e.g. painting by numbers

- 5 minutes of breathing
- Dancing
- Positive quotes & affirmations
- A gratitude exercise

6.The “3 a Day”

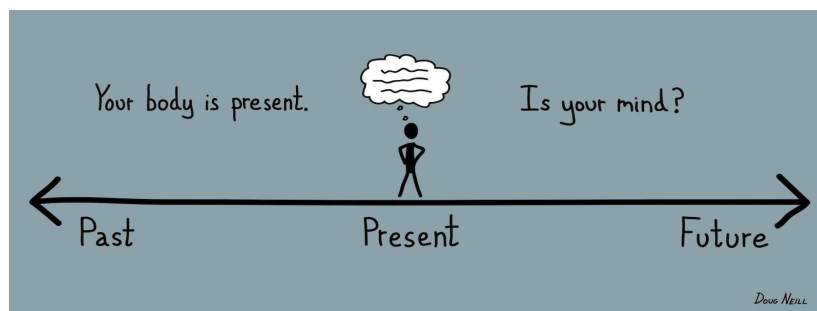
Choose 3 small positive actions you can complete each day.

These can be as simple as getting up at a certain time, getting a shower and getting changed into fresh clothes, drinking more water, helping someone or going out for a walk.

Maybe choose from the following list

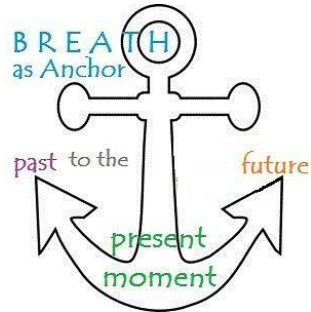
- Reading
- Yoga: Virtual classes or YouTube
- Puzzles e.g. jigsaw, sudoku, crosswords
- Clear-out e.g. wardrobe/cupboards
- Listen to podcasts e.g. tedtalks,
- Cooking & Baking
- Playing Music
- Being present

How to stay present



My breathe is my anchor

No matter how bad the storm is, the anchor will keep the boat safe....
Likewise, your breath can keep you safe until the stormy feelings have
passed.....



Sketches in Stillness.com

~ Eckhart Tolle

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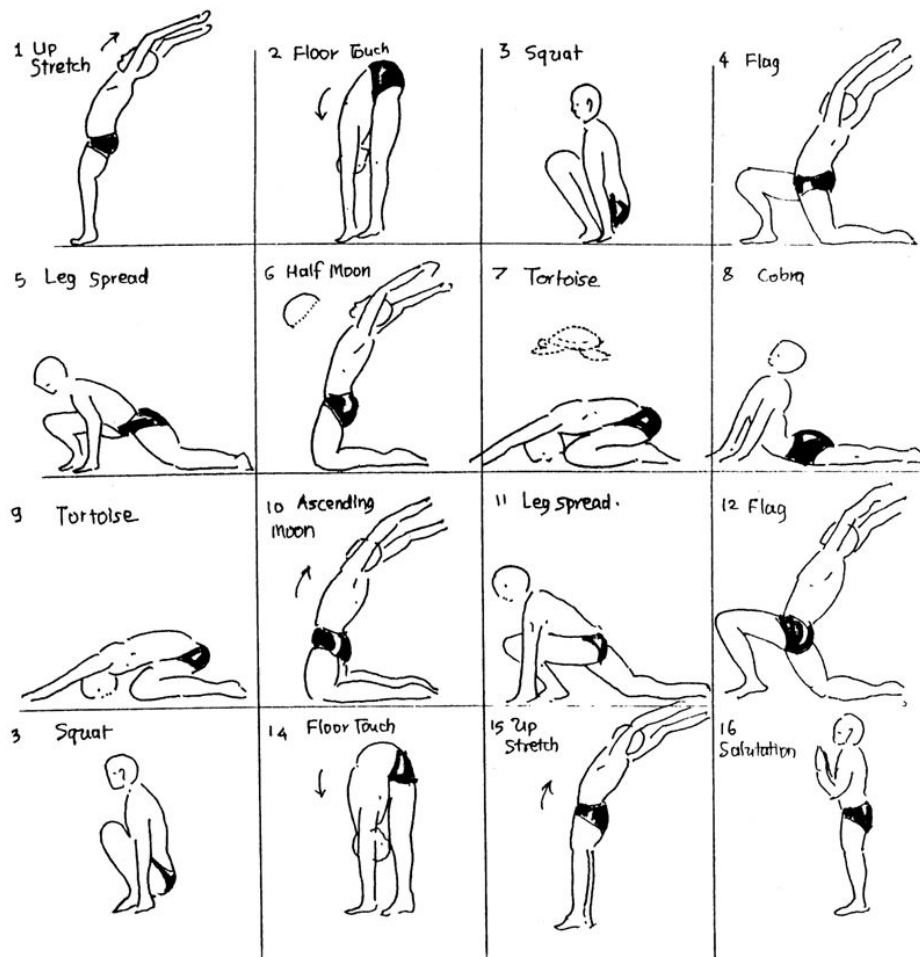
7. Having a 'grounding prop'



Grounding props are helpful items you carry with you and seeing them can help bring you back to the present moment. E.g. Bracelet, keyring, positive quote or a photo.



Mindful movement



8. Controlled 7/11 Breathing exercise;

What does 7/11 breathing involve?

Breathe in with your mouth closed for the count of 7



Breathe out slowly with your mouth slightly open for the count of 11

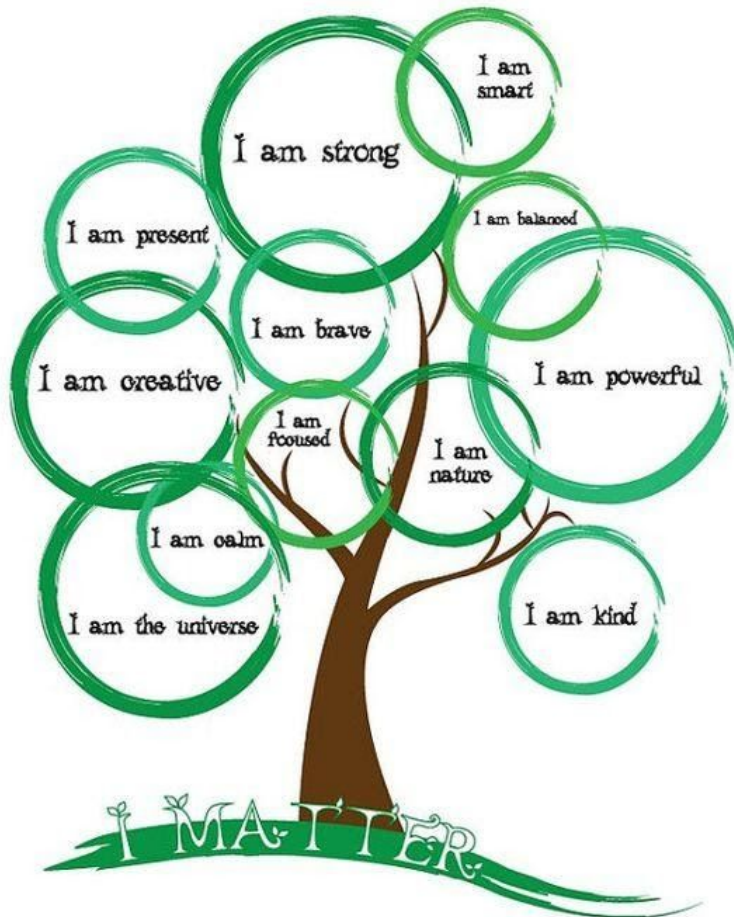
Continue until you feel calmer and more grounded.



Is that it?!

Yes, it is as simple as that and you can do it discreetly so that nobody knows.

9. Positive Affirmations: Repeat each of the sentences in the circles to yourself.



10. Eating An Orange Mindfully Challenge.



1. Use all your senses while eating an orange. Before peeling look at the texture of the, smell the surface, feel its touch.
2. Slow down the whole experience of peeling and eating the orange. Pretend to yourself that this is the first time you have ever seen or tasted an orange. Be curious about the whole experience.

Recommended Meditation Mindfulness Apps:

Headspace



Stop, Breathe & Think

Mental Health Services and Resources for Parents, Students and All

 <p>ISPCC Childline 1800 66 66 66</p>	<p><u>Childline (ISPCC)</u> Ireland's 24-hour national listening service for young people up to the age of 18. Freephone 1800 666 666 (any time, day or night) Text 50101 (from 10am to 4pm every day) Chat online (from 10am to 4pm every day) Visit www.childline.ie for more information</p>
 <p>JIGSAW Young people's health in mind</p>	<p><u>Jigsaw</u> The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults in Ireland. Freephone 1800 544729 (from 1pm to 5pm Monday to Friday) Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday) Email help@jigsaw.ie (for responses from 9am to 5pm Monday to Friday) Visit www.jigsaw.ie or www.jigsawonline.ie for more information</p>
 <p>Barnardos Because childhood lasts a lifetime</p>	<p><u>Barnardos</u> Barnardos provide a national telephone support service for parents, in response to the challenges they are facing during the COVID-19 pandemic. Freephone 1800 910 123 from 10am to 2pm, Monday to Friday. https://www.barnardos.ie/</p>
 <p>SPUN OUT.ie</p>	<p><u>SpunOut.ie</u> SpunOut.ie provides a wide range of articles and information for young people, on many different topics, including mental health. Text SPUNOUT to 086 1800 280 to chat to a trained volunteer (standard message rates may apply) Visit https://spunout.ie/ for more information</p>
 <p>pieta</p>	<p><u>Pieta House</u> Pieta provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. Call free on 1800 247 247 Text help to 51444 Visit https://www.pieta.ie/ for more information</p>

