

Coping kit

[If you are really overwhelmed with emotions and cannot think straight then use one of the TIPP skills first:

- Put your face in ice cold water for 20 seconds (do not use if you have a heart condition)
- Do 5 minutes of intense exercise
- Do paced breathing (in for 4, hold for 4, out for 6) for 2 minutes
- Do progressive muscle relaxation (tense then relax each set of muscles for 5 seconds, starting from your toes)]

Start with a grounding exercise:

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- 5 things you see, breathe
- 4 things you feel, breathe
- 3 things you hear, breathe
- 2 things you smell, breathe
- 1 deep breath and breathe out slowly.

You can find other ideas for grounding/mindfulness exercises on the headspace app, or the getselfhelp website

Self soothe for when overwhelmed :

- Sound – eg listen to music, rain sounds
- Sight – eg. look at old photos, word search
- Touch – eg. have a warm bath, wrap up in a fleecy blanket
- Taste – eg. hot chocolate, crackers and butter
- Smell –eg. scented candle, lavender drop on pillow
- Movement – eg. dance, go for a walk

Distractions to get through waves of thoughts to hurt self:

- Play games on phone/X box
- Youtube
- Make play list - feel good/dance/relax
- Colouring
- Walk with mum/friend/dog
- Workout

Cheerleading/positive statement

Repeat an uplifting mantra – eg. 'I am strong and I can do this'; 'This will pass';

Draw a poster of these to put on your wall. Make up a box/pencil case with these written on and take one out and do it, then another one. Keep doing this until you feel calmer. You can use a smaller version of this for school/college – pick out 3 things to have in your pocket. Clare 😊