

THOUGHT STOPPING TECHNIQUE

S

STOP

Interrupt your negative thinking with the command STOP! and pause with what you were doing.

T

TAKE A BREATH

Practice some deep breathing techniques to slow your heart rate down.

O

OBSERVE

Observe your thoughts, feelings and behavior. How does your body feel?

P

PROCEED

Purposefully and mindfully proceed with your next activity, one step at a time.

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Mental exercises

Name all the objects
that you can see
in the room.

Did you notice anything new?

What do you like about this room?

What do you dislike about this
room?

Find an object in the room and
think about how you would draw it
in your mind.

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RAIN TECHNIQUE

R

Recognize what is happening.

Consciously acknowledge your thoughts, feelings, and behaviors that are affecting you.

"I have butterflies in my tummy and I am feeling nervous"

A

Allow life to be just as it is.

Let your thoughts, emotions, feelings, or sensations that you have recognized simply be there.

Pause and relax your body.

I

Investigate with kindness.

Simply pause and ask, what is happening inside me? How am I experiencing this in my body? Or What am I believing? What does this feeling want from me?

N

Non-identification, you are not
the emotion.

Your sense of who you are is not fused with any limiting emotions, sensations, or stories.

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ANXIETY

COPING STATEMENTS

THIS FEELING WILL
PASS

MY ANXIETY DOES
NOT DEFINE ME

I AM SAFE AND
I WILL BE OK

NOT ALL THOUGHTS
ARE TRUE FACTS

I CAN COPE. I AM
STRONG

JUST KEEP BREATHING

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Visualize your favourite place

What do you see?

Where is it?

What can you hear?

What can you smell?

Who is there?

What is it that you like so much about this place?

When did you go there?

When will you be going back?

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Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and watch the feather float away.

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RAINBOW GROUNDING TECHNIQUE

Take a deep breath and identify all of these colours in order



Have a look around. How many items could you find?



Imagine you are holding a flower.

Breathe slowly in through your nose and smell the fresh air.

Breathe out slowly through your mouth and watch the petals fly off the flower.

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Emotional Surfing

LEARNING HOW TO RIDE THE WAVE



EMOTIONAL REMINDERS

Emotions are like waves, they can be strong and powerful, but they eventually pass.

Surf your emotions with mindfulness, where you watch your breath and notice your thoughts without judgment.

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SELF CARE CHECKLIST

- EAT 3 HEALTHY MEALS
- 7+ HOURS OF SLEEP
- DRINK FRESH WATER
- GET FRESH AIR
- PRACTICE MINDFULNESS
- WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
- BRUSH YOUR TEETH
- HAVE A WARM SHOWER
- MAKE YOUR BED
- READ A BOOK
- LISTEN TO MUSIC
- SPEND TIME WITH FRIENDS
- DECLUTTER A SMALL SPACE
- HAVE A SOCIAL MEDIA DETOX
- ASK FOR A HUG
- SPEND TIME WITH FAMILY
- DO A HOBBY
- WRITE IN YOUR JOURNAL
- SAY 5 THINGS YOU LOVE ABOUT YOURSELF
- DO SOME EXERCISE
- WASH YOUR HAIR
- HAVE A CUPPA
- DO NOTHING- ENJOY THE PEACE
- TRY SOMETHING NEW
- DO SOME COLOURING IN
- MAKE YOUR FAVOURITE FOOD

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CHALLENGING NEGATIVE THOUGHTS

AM I MAKING ASSUMPTIONS?

IS THERE ANOTHER WAY TO LOOK AT IT?

ARE THERE ANY OTHER POSSIBLE OUTCOMES?

IS THERE EVIDENCE FOR THIS WORRY?

WHAT ADVICE WOULD I GIVE TO A FRIEND?

IS THIS WORRY IN OR OUT OF MY CONTROL?

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HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS

-  Memory issues
-  Avoidance
-  Headaches
-  Insomnia
-  Needing reassurance
-  Procrastination
-  Rapid heartbeat
-  Lack of patience
-  Overthinking
-  Sweating
-  Stomach issues
-  Constant worrying

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Mental exercises

Name everything about your family members including their age, hair, eyes, hobbies, work, interest and anything else that you can think of.

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ANXIETY

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

5
THINGS
YOU CAN
SEE



2
THINGS
YOU CAN
TOUCH



3
THINGS
YOU CAN
HEAR



4
THINGS
YOU CAN
SMELL



1
THING
YOU CAN
TASTE



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