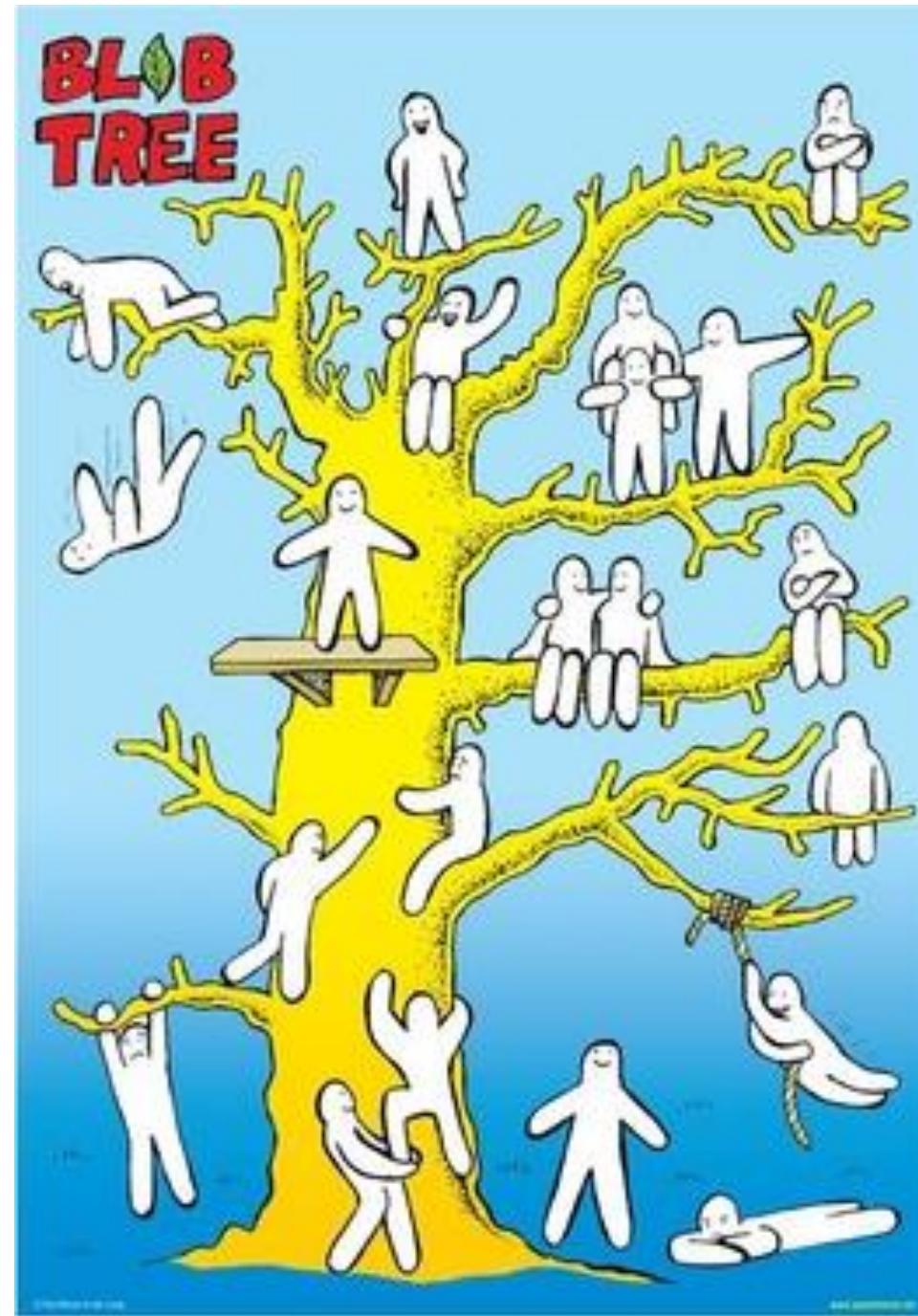


Which of these “blobs” represent how you are feeling today?

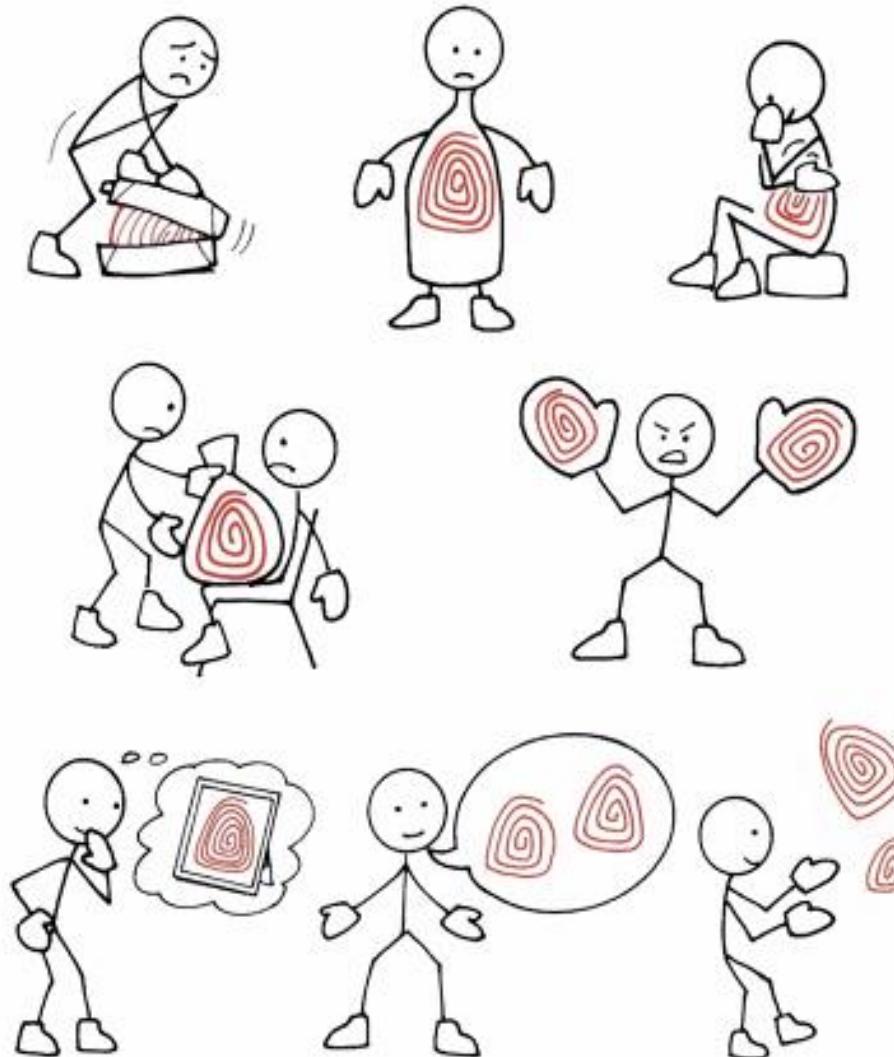
Which blob would you like to be and what can be done to help you get there?



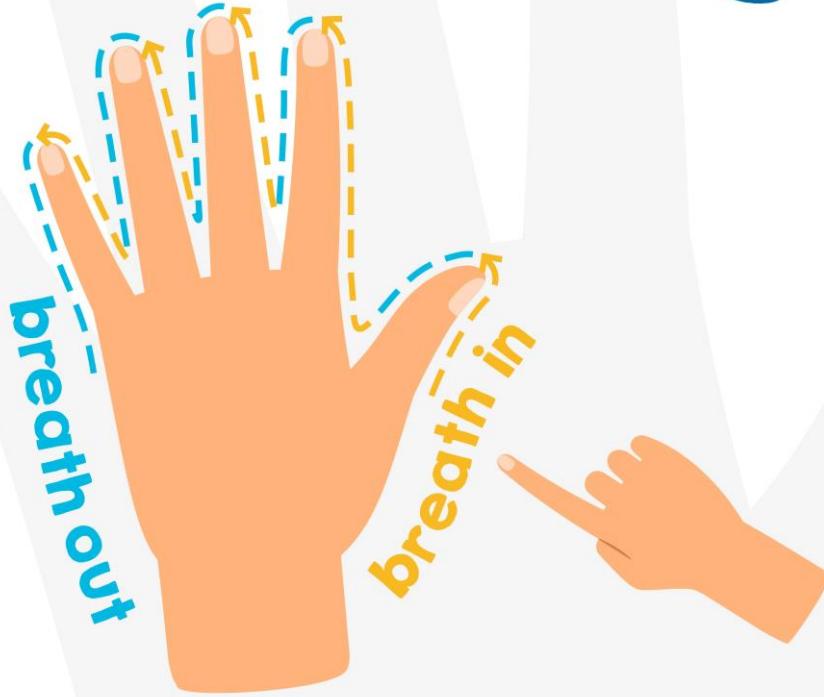
What we Do with Difficult Feelings

Can you identify where you feel difficult feelings?

What can you do to try and release these?
Perhaps talk about them, breathing techniques, move, write down how you are feeling. What else?



five finger breathing



Stretch one hand out like a star. Use your pointer finger on your other hand to slide your fingers up and down.

1. Breathe in through your nose, trace up finger slowly.
2. Breath out through your mouth, trace up your finger slowly down to the other side.
3. Repeat with each finger.

GROUNDING TECHNIQUE

5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste

