

Ways We Can Stay Calm

It's ok to feel nervous sometimes, why not try one of these things to help you to feel calm?

Take slow, deep breaths
Breathe in for 4, hold for 4, out for 4.

Visualise your calm place
Close your eyes and picture somewhere peaceful.

Do some gentle stretches
Shake out tension and loosen up your body.

Get some fresh air
Take a short walk or step outside and breathe.

Write down your thoughts
Put worries on paper to clear your mind.

Count backwards from 10
Slow counting helps calm racing thoughts.

Colour or doodle
Let your mind relax while you draw.