# Strategies to Manage your Mental Health

## BOX BREATHING TECHNIQUE

**INHALE** *for 4 secs*

**HOLD** *for 4 secs*

**EXHALE** *for 4 secs*

**HOLD** *for 4 secs*

## *Just Breathe*

**Deep and mindful breathing reduces stress, promotes calm, improves mood and mental focus**
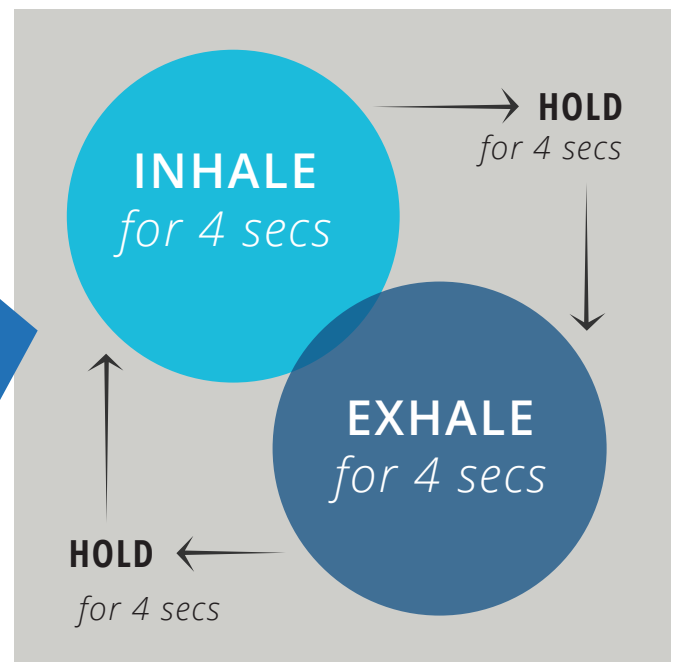
## *Refocus*

**Distraction and grounding allows you to collect your thoughts and feelings**

**Pick a colour.** How many shades can you see?

**Count backwards by 7s** starting from 100

**5,4,3,2,1**
*5 things you can SEE*
*4 things you can FEEL*
*3 things you can HEAR*
*2 things you can SMELL*
*1 thing you can TASTE*