

Management Tools & Coping Skills

When you feel as though you are about to explode, take control to manage your responses by trying these exercises and learn ways to cope with your initial emotions.

DEEP BREATHING

Deep breathing is a great exercise to use during various situations. It can be used as a short-term tool to calm down right through to a long-term skill, enhancing many positive mental and physical benefits.

1. Find somewhere that you will be comfortable, away from any possible interruptions.
2. Concentrating on your breathing, slowly breathe in through your nose for 6 seconds.
 3. Pause... Hold your breath for 3 seconds.
4. Slowly, breathe out through your mouth for 9 seconds (or 3 seconds longer than you breathed in.)
 5. Repeat this process for as long as you wish, or, that you are able to.
6. It's a great tool to use once in bed to help with sleeping and overthinking issues too.

TIPS

- ✚ When you breathe in, you should notice your belly fill up with air.
- ✚ Keep focused on your counting as you breathe. By staying focused on this, you're not able to think about anything else.
 - ✚ If your mind wanders, that's OK. Just start again from where you were.
- ✚ Start by breathing in for 6 seconds, pause for 3, and breathe out for 9. If 6 seconds is too hard/easy, change the length of time with whatever is comfortable for you. When it becomes easy for you, increase by 1 second at a time (7-3-10)
- ✚ If you don't feel like it's working, you may need to breathe in/out more slowly. It's very common for people to breath too fast when starting out using this exercise.
 - ✚ If you find you feel dizzy, you may be breathing too slowly.
- ✚ Taking deep breathes is very helpful, and healthy. Whether you take just a few deep breathes, or spend 10-minutes doing so, it will help you to calm down and relax. There are many more health benefits too. Can you do some research to find out what exactly?

GROUNDING EXERCISES

Focusing on your surroundings identify:

<p>5 things you can see.</p> <p>4 things you can touch.</p> <p>3 things you can hear.</p> <p>2 things that you can smell.</p> <p>Something you can taste.</p>	OR	<p>5 things you can red.</p> <p>4 things you can blue.</p> <p>3 things you can green.</p> <p>2 things that you can orange.</p> <p>Something purple.</p>
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(These are examples to use. You can change to suit your needs/surroundings.)

IDENTIFY AN ITEM STARTING WITH EACH LETTER OF THE ALPHABET