

# Pump Up!



Exercise to help our mind and body feel happier and healthier

Try...



Safely lift objects

Go for a jog outside



Run up and down the stairs

Playing Sports



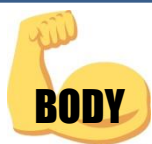
Try push-ups & sit-ups



# The Pocket Guide to Powering On!



~Helpful Coping and Relaxation Strategies~



## Push -and- Pulls

This uses up energy to tire and calm us down!

### Palm Push

Push your hands flat against each other, as hard as possible for 5 seconds.



### Finger Pull

Pull firmly on your finger for 5 seconds and feel the pull!

### Chair Push-Ups

Sit square on you chair, put your hands either side of the seat. Just using your hands lift your body up a little and let it back down, repeat 5 times!

Chair Push-Ups



## Positive Self-Talk

Coping

Remind Yourself of...

**Positives About Me**



I know I'm good at...

**Successes I've Made**



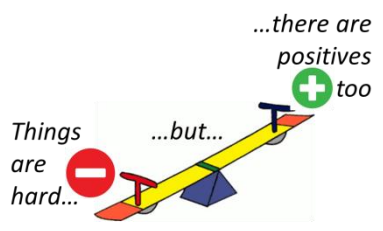
I did really well at...

**Challenges I've met**



Something hard was...

It can be useful to balance what's hard vs what's ok...



Examples...

- ★ I can learn from this and it will be easier next time
- ★ I can use my coping skills and get through this

# Intro

Hello! This guide will give you some short and simple strategies to help with strong feelings or if you're a little lost. It's ok to feel like this, but you might want something to help out!



Coping Skills are ways to help our thinking. They help figuring situations out and support how we think and feel.



Distraction Skills help us pause difficult thoughts or feelings. They do this by changing our focus.



Relaxation Skills calm our body and mind before we start to feel worried. They use our senses and body for calm.



Body Skills use energy to make our body and mind feel something different. We should feel happier and healthier.

# Arm Exercises



Massage can help your body to relax and the arm is a great place to start!

1. Give yourself a hug, squeeze your sides/shoulders tightly and hold the hug!

2. Squeeze your arm and rub up and down, try making little circles moving around!

3. Squeeze your palm between the fingers and thumb of your other hand



Rate how big the problem really is then:

- Get Help
- Think about solutions
- Try solutions out

## Scaling



**Gigantic Problem**  
Really tricky, you'll need lots of adult help!



**Big Problem**  
A hard situation, you'll probably need some help!



**Medium Problem**  
Can be fixed, you might still need some help!



**Small Problem**  
Simple and clear to fix by yourself, you've got this!



# Mindfulness



Mindfulness is about using focus, imagination and our senses to become calmer.

There are different ways to practice this



## Breathing

Place a hand on your chest and a hand on your stomach, breath in slowly and out slowly for 8 seconds each. Notice how your hands move, how your body moves and how you feel.



## Meditation

Follow relaxing music, stories read aloud or sounds from nature. Focus in on your body, breathing and the sounds you hear.

- Search for 'Smile Meditation' by Vulfpeck on YouTube
- Search for 'Mindfulness Body Scan' by Aetna on YouTube



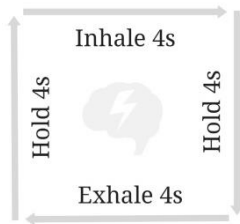
## Relax

# Breathing

Taking calming breaths can help to relax the body and slow things down in the mind.

### Box Breathing

This uses 4s to make breathing easy. 4 sides for #1 breathing in, #2 pausing, #3 breathing out and #4 pausing. Each side should take 4 seconds. *Just remember 4!*



### Infinity Breathing

Draw a lazy 8 on its side with your arm. There are 2 loops, one for breathing in and one for breathing out. Each loop should take 3 seconds and keep going until you feel calmer.



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# Opposites

Coping

Sometimes we have really strong feelings, acting in the opposite way can help! If our body acts one way then our brain might follow...

Feeling..

sad?



**Doing something you enjoy**

angry?



**Try a calm focused task**

tired?



**Shake up with some activity**

Sometimes we might feel hot and bothered, so do the opposite and cool down with ice/water...



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Distract

# Counting

Slowly counting can help calm and slow down our mind when upset or angry.

Try counting to 10 and breathing slowly when you feel like you need to calm down



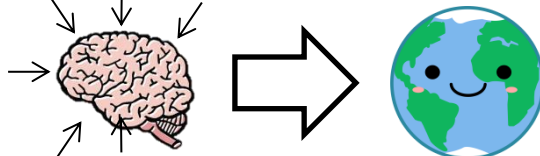
If that's too easy we can try counting in 3s or 4s to feel more distracted!

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# Grounding

Distract

Grounding refocuses us, away from thoughts and feelings inside the brain and back out into the world



### Colours

Looking around for a specific or favourite colour is one way to get looking around!



### Shapes

Looking around for particular shapes repeating in the room is another way to get looking around!



### Brand New Thoughts

Try looking around and trying to come up with a fresh new thought, something you've never noticed before!

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# Riding the Wave

Practice recognising the situation and any emotions that you're feeling.

**Repeat** and **remind** yourself that...



**I'M OK**

*Remember you are safe and you are important!*



**IT'S OK!**

*It might not be all bad, you can survive it!*



**IT'LL PASS**

*Nothing is forever, you can get through and feel better later!*

# Squeezes



If we're upset the body can feel really busy and full of energy. If we push our muscles they use up this energy and then we can relax down...

*Try these squeezes for 5 second each!*

Squeeze your eyes completely closed

Glue your shoulders up to your ears

**Squeeze your hand into a fist**

Big bicep build, pull your hand up to your shoulder

Hands in pockets and push out to make a bubble!

**Push your feet into the floor**

**Point your toes like a dancer**

## Distract

# 54321

54321 increase the focus on our surroundings, using your **senses** to introduce new things to think about



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell or like the smell of



1 thing you can taste or what you last ate

# Flow Activities

## Distract

Flow activities are any activity, task or game that focuses your attention for a chunk of time.

*Activities might include...*

- Drawing
- Playing Music
- Exercising
- Meditation
- Writing
- Watching TV



*Tasks might include...*

- Washing up
- Cleaning
- Cooking
- Homework
- Caring for pets
- Helping parents

*Games might include...*

- Video games
- Board games
- Sports
- Word games
- Puzzles

