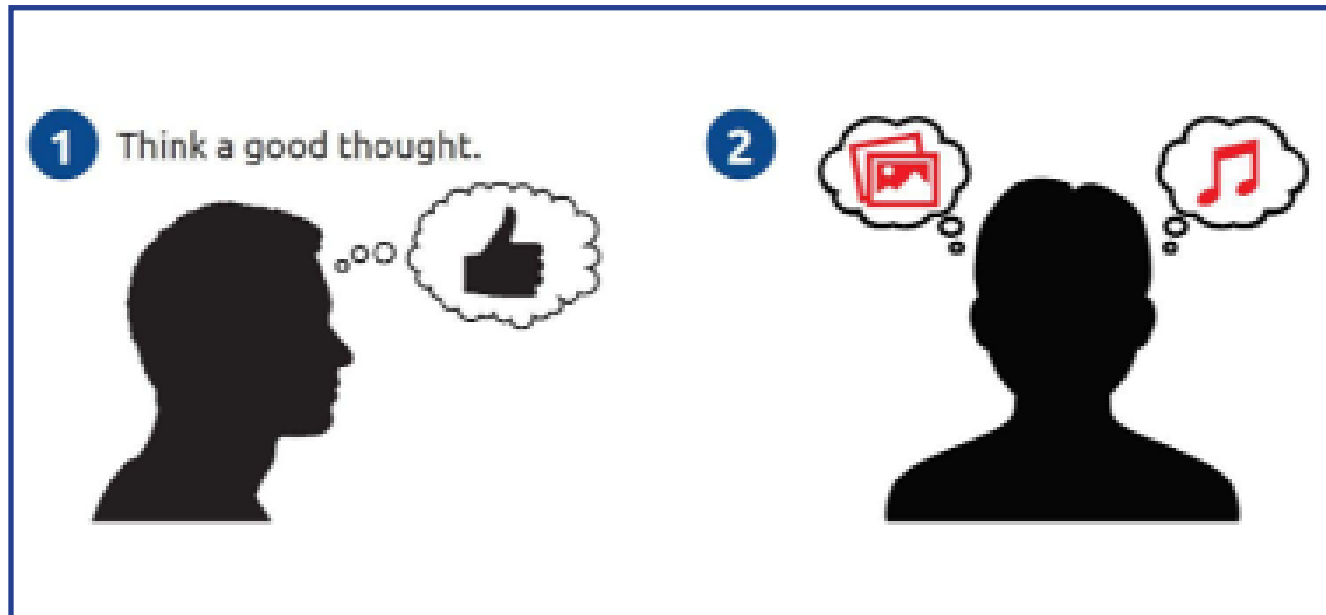


Thinking Positive Thoughts



Strategy 2: Thinking Positive Thoughts

We all find our inspiration from different places and it's important to find what works for you. Many people feel well when listening to their favorite music. Other people have a list of encouraging words to read or pictures to look at – kind like of a pep-talk to yourself.

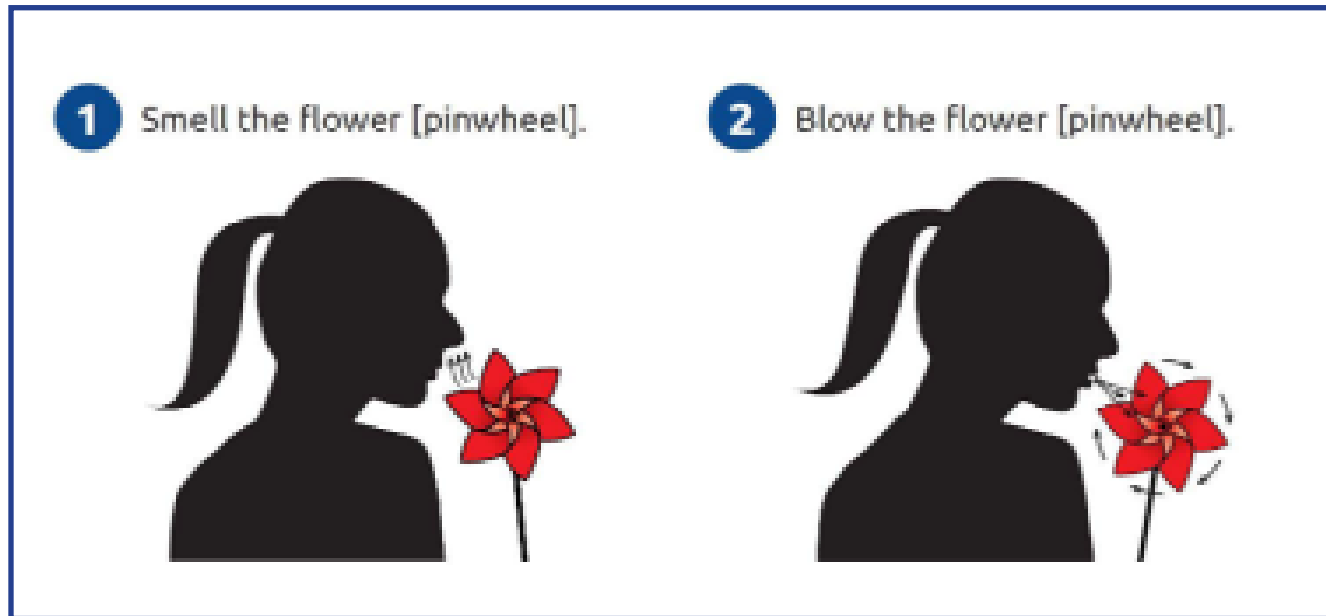


Deep Breathing



Strategy 3: Deep Breathing

Doing deep breathing can help you feel more relaxed and calmer. Pretend you are smelling a flower, by breathing through your nose slowly. Then, pretend you are blowing out a candle slowly.



Stretching



Strategy 4: Stretching

Stretching can help your body feel more relaxed and release emotions. Try a few different simple stretches or yoga positions but remember to start slowly and gently!

