



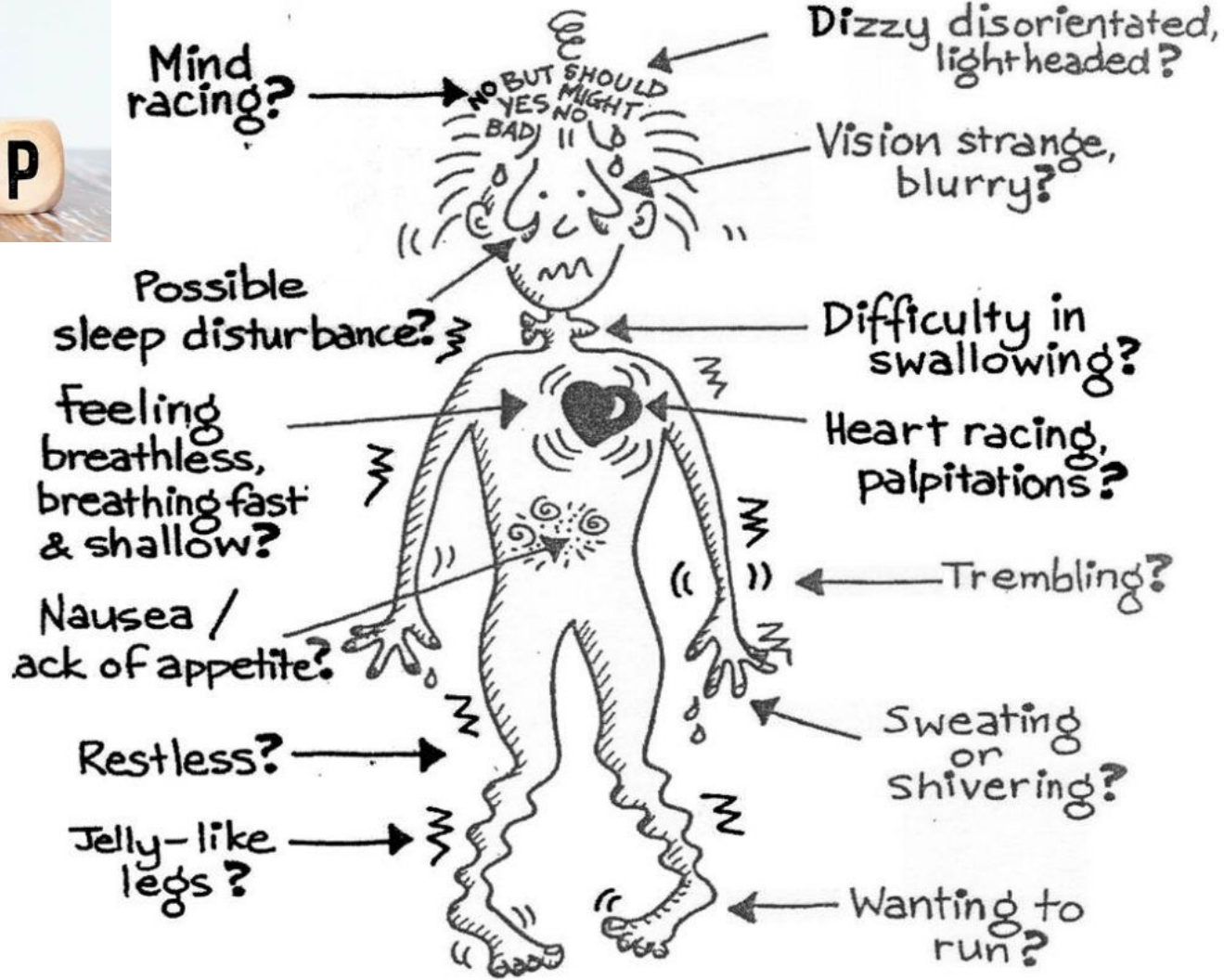
Headstrong

Week 6





Impact that anxiety might have on the body





Why do you think breathing exercises might be helpful when someone is feeling anxious?

Do you know any breathing exercises that you find helpful?



HEALTHY SCHOOLS

CHALLENGE:

Choose one of the techniques which has been explained and practice it this week so that you can use it as a tool to use in case you feel anxious.

As a form, you might want to print out the images to help you remember the different techniques (when we are anxious, our brain can forget them!)

MANAGE YOUR BREATH
with your hand





Go through your 5 senses

Name **5** things you can **see**, **4** things you can **touch**, **3** things you can **hear**, **2** things you can **smell** and one **1** you can **taste**.

Hold something and focus on it

Hold something like a pebble that you can focus your attention on.

The Alphabet Game

Name something for every letter of the alphabet e.g. animals, people's names, foods etc.

I WILL BREATHE.
I WILL THINK OF SOLUTIONS.
I WILL NOT LET
MY WORRY CONTROL ME.
I WILL NOT LET MY
STRESS LEVEL BREAK ME.
I WILL SIMPLY BREATHE.
AND IT WILL BE OKAY.
BECAUSE I DON'T QUIT.

— SHAYNE MCCLENDON

HEALTHYPLACE.COM

TAKE A
DEEP

BREATH

by Qinta