



COPING IN TOUGH SITUATIONS



BREATHE

Slow breathing helps calm your nervous system.

- Inhale through your nose for 4 seconds
- Exhale slowly through your mouth for 6 seconds
- Repeat for 1-2 minutes



GROUND YOURSELF

Grounding helps bring your attention out of distressing thoughts and back into the here and now.

5-4-3-2-1 Exercise:

- Name 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

FOCUS ON ONE SMALL STEP



When everything feels too much, aim smaller. Ask yourself:

- "What's one small thing I can do right now?"
- "What would make this moment 5% easier?"

Eg Drink some water, Sit somewhere quiet or step outside for some fresh air.



RELEASE TENSION

Emotions live in the body as well as the mind.

- Stretch or shake out your hands and shoulders
- Take a short walk
- Press your feet firmly into the floor
- Hold something warm or textured

GET SUPPORT

You don't have to cope alone.

- Text or call someone you trust
- Let them know you're struggling, even if you don't know what to say
- If you're in crisis, seek professional or emergency support

