



QUICK TIPS

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.



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

