

Take a break

Puzzles can help refocus your mind by requiring you to use your problem-solving skills and creativity. This means they can help distract you from stressful situations.

Colouring in is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and tiredness while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

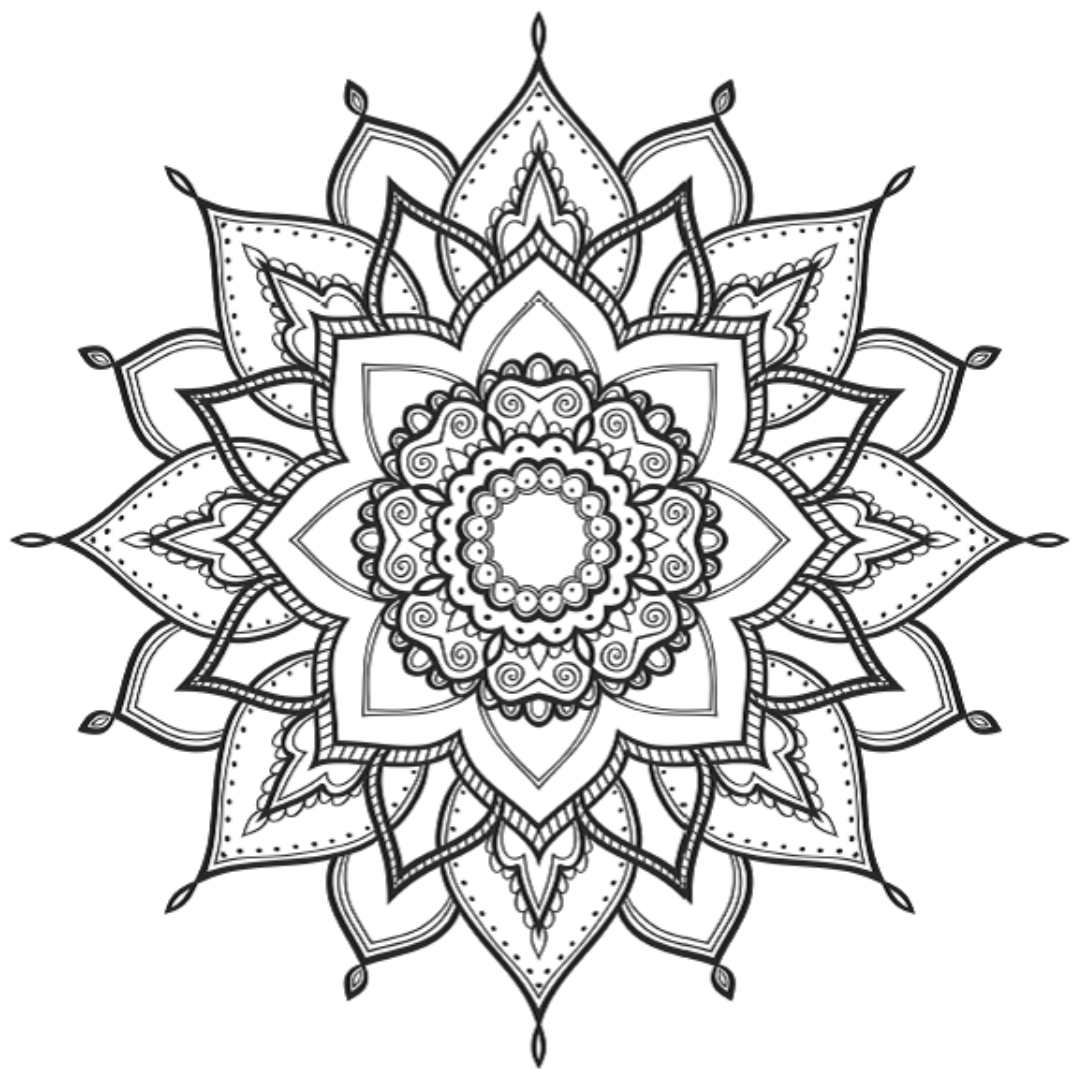
Taking 5 minutes out of your day to pop the kettle on and complete one of these activities will provide lots of wellbeing benefit. Use the draw tool in your PDF viewer to use these pages.

Wordsearch



BUDGETING CARING COMMUNICATE FLEXIBLE KIND LISTENING
MUSICAL OPTIMISTIC ORGANISED TOLERANT

Colour



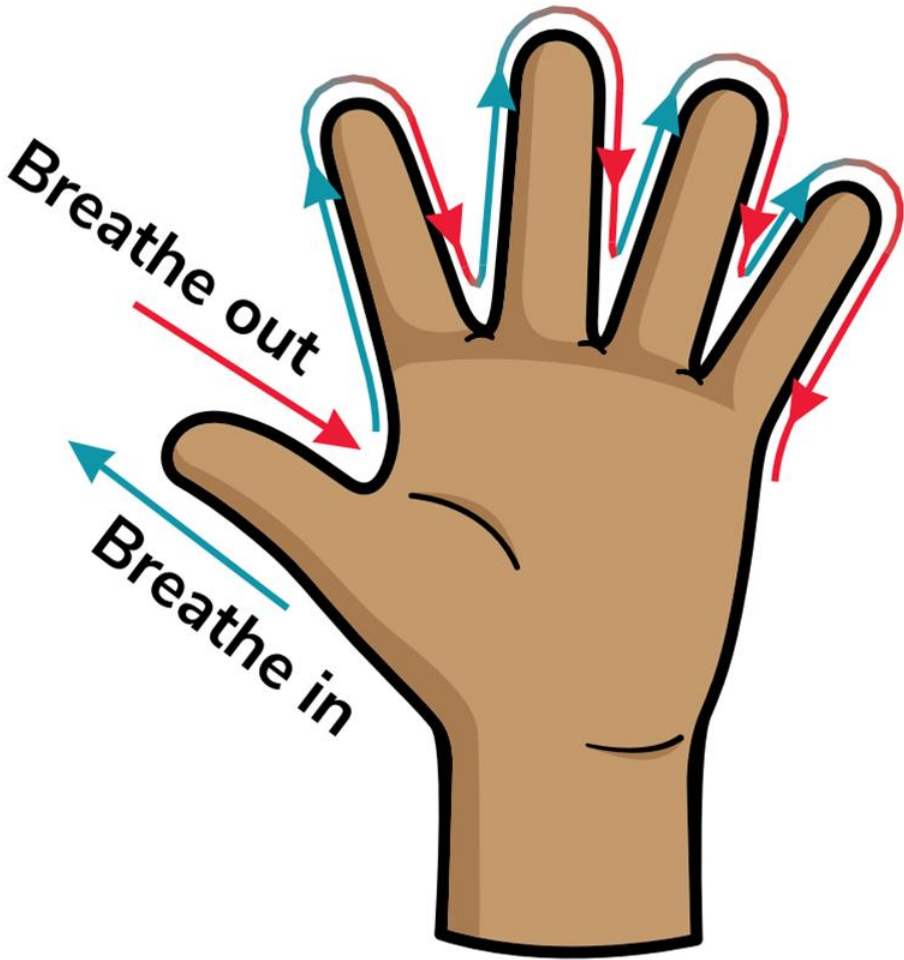


Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out – do this several times.



You can use this technique when out and about by tracing around your fingers... start at the base of your thumb and slowly trace up and over... breathe in... breathe out.



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Time for Reflection

Reflecting and writing things down can help make thoughts clearer and support wellbeing. You don't need to write a lot; a few words, drawings or symbols are enough.

Here are some prompts to get you thinking. You don't need to answer every one, just choose one that feels right for this moment.

What kind words have been said to you?

What are you proud of?

What challenges have you overcome?

What are you excited about?

Where is your favourite place to be?

Reflection continued.

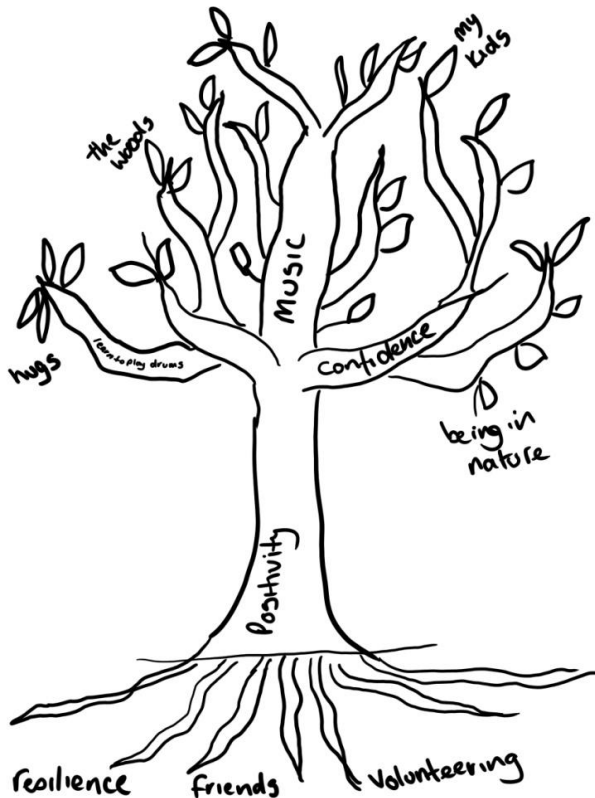
Vision Tree

A Vision Tree is a simple way to think about what supports you and what you'd like more of in your life.

You can draw a tree, use words, symbols, or pictures or simply imagine it.

- **Roots** – what keeps you grounded (values, people, strengths, routines)
- **Trunk** – what supports you day to day (skills, coping tools, habits)
- **Branches** – what you'd like to grow or move towards (hopes, interests, gentle goals)
- **Leaves or Fruit** – things that bring joy or meaning (moments, places, achievements)

There is no right or wrong way to create your tree.



My Vision Tree

This is your space, for your tree - use it however you want to.

Wordsearch Answers



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