

OPPOSITE ACTION

ANXIETY

- When feeling anxious sit on a chair with both feet on the floor to ground yourself.
- Breathe slowly using paced breathing, try to breathe in for 7 then out for 11.

ANGER

- When feeling angry take some time out for yourself, try to get some air if you can.
- Relax your hands and open up your palms, if sitting put them flat on your knees.

SADNESS

- When feeling sad do something nice for yourself, have a look at your pleasant activities list.
- Keep going! You can do it!

PLEASANT ACTIVITIES LIST

- 1.
- 2.
- 3.
- 4.
- 5.