

Feeling overwhelmed?

Try out some of the techniques below to help settle your mind.

we are
aspire



Grounding

Get out of your head and into your body & the world

Use body senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

Pros

- Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).
- Reduces physicality of anxiety.

Cons

- Sometimes it's better to stay a bit disconnected (that's how your mind protects you).



Distraction

Absorb your mind in something else

Conversation, listen to the radio, read, do puzzles, watch TV, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

Pros

- Gives your heart & mind a break.
- Great for short term relief.
- Great to get through a crisis

Cons

- Can't do it for long.
- Doesn't resolve underlying issues.



Thought Challenge

Get it down on pen and paper

Write down negative thoughts then list all the reasons why they may not be true. Imagine someone you love had these thoughts - what advice would you give them?

Pros

- Can help to shift long-term, negative thinking habits.
- Trying to be more logical can help reduce extreme emotion.

Cons

- The more emotional you feel, the harder this is to do.



Emotional Release

Let it all out!

Yell, scream, run! Try a cold shower. Let yourself cry. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music and dance crazy!

Pros

- Great for anger & fear.
- Releases the pressures of overwhelming emotion.

Cons

- Hard to do in every situation.
- Some people might think you're acting 'crazier'.