



WHAT DO DO WHEN YOU FEEL **OVERWHELMED**

1. TAKE A DEEP BREATH

Step away from what you are doing and pause.

2. BREATHING EXERCISE

Breathe in through your nose and out through your mouth, keep your shoulders down and relaxed with your hand on your tummy.

3. LISTEN TO MUSIC

Really listen, take time to focus on the music and relax.

4. PICTURE YOURSELF IN YOUR FAVOURITE PLACE

Use your imagination to transport you to your favourite place, even though you can't be there having the memory of it can really change how you feel.

5. TRY A GROUNDING EXERCISE

Reconnect with your surroundings. Find one thing you can see, one thing you can touch, one thing you can hear, one thing you can smell and one thing you can taste.

6. STAY SAFE

If your feelings continue to be overwhelming remember you may need someone to help you so **BREAK THE SILENCE** talk to someone.



BREAK 
THE SILENCE



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