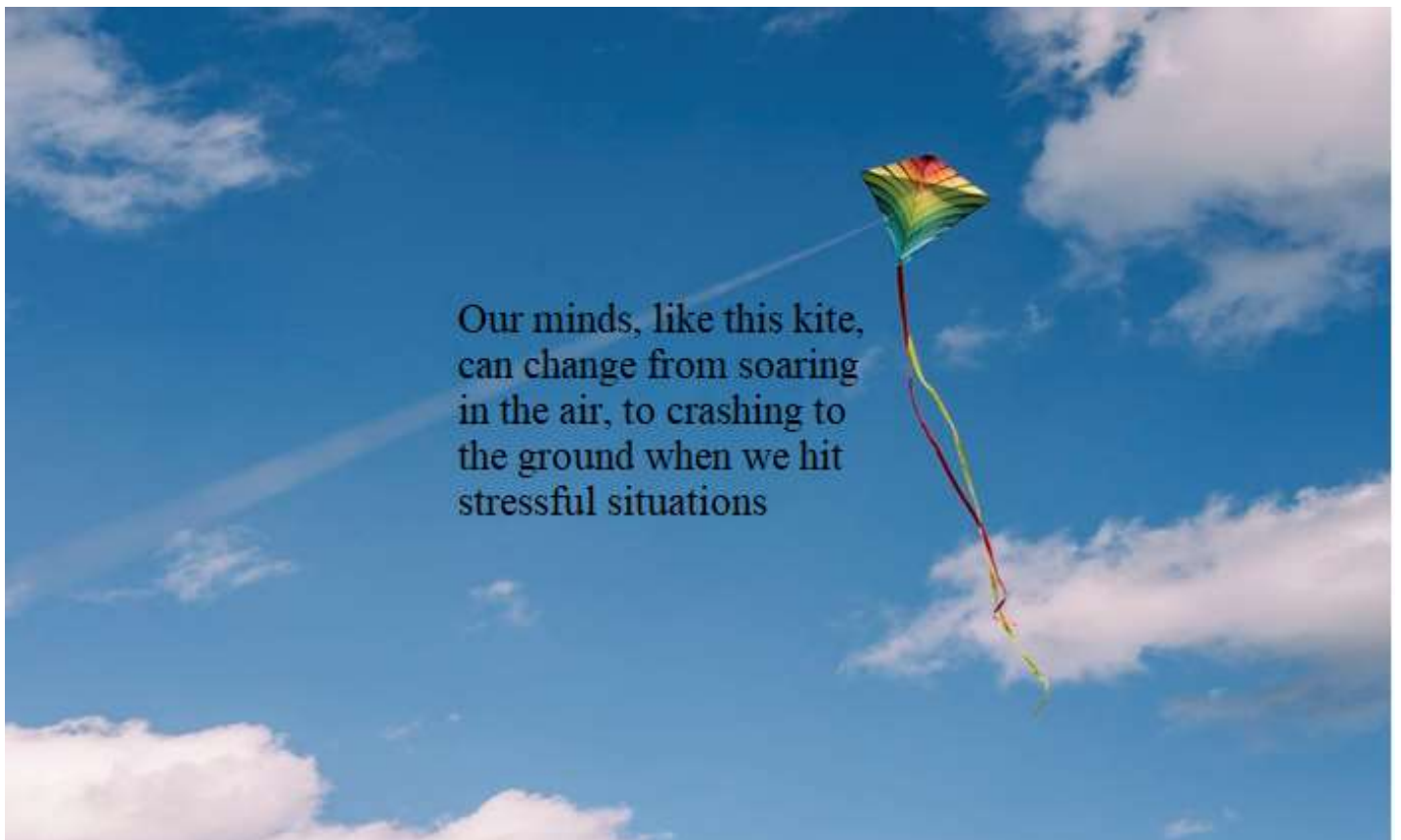




Understanding how our brain works and responses to stress can help you to recognise what's happening when stressful situations occur.

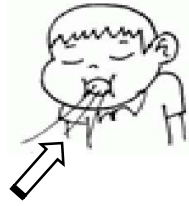
What makes you stressed?	How do you react?



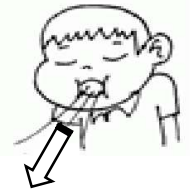
5-4-3-2-1 Grounding Technique

We can reconnect our minds to the present by using our bodies. Our bodies can only be in the here and now so it helps to ground our minds by focusing on physical things.

Slowly Breathe in for 4



Slowly breathe  
out for 6



5 things you can touch

4 things you can see

3 things you can hear

2 things you can smell

1 thing you can taste

Finally take some deep breathes in and out to finish. This action won't solve your problems but it will help to calm your brain stem and limbic system so that you can begin to think things through rationally.

HALT

Sometimes there are external factors which can impact how we react to a situation. This acronym (HALT) can help us to take a moment and try and work out whether we are reacting negatively because of one of four different things - Hunger, Anger, Loneliness or Tiredness. If we are able to recognise these early warning signs, we may be able to do something about them before we get too stressed.

Ask yourself the following questions:  
Am I hungry? Am I angry?  
Am I lonely? Am I tired?

Hungry

When did I last eat something?

What did I eat?

Angry

What is causing you to be angry? Do you need to take some time out?

Try exercising, punching a pillow to get rid of excess energy caused by anger.

Try to be creative.

Remember the anger rules - don't hurt yourself, don't hurt someone else, don't break anything.

Lonely

Can you call a friend?

Visit or call a loved one?

Going out for a walk to see other people around

Tired

Am I tired? What time am I going to bed at night?

Am I having trouble sleeping?

Could I have a more relaxing bedtime routine?