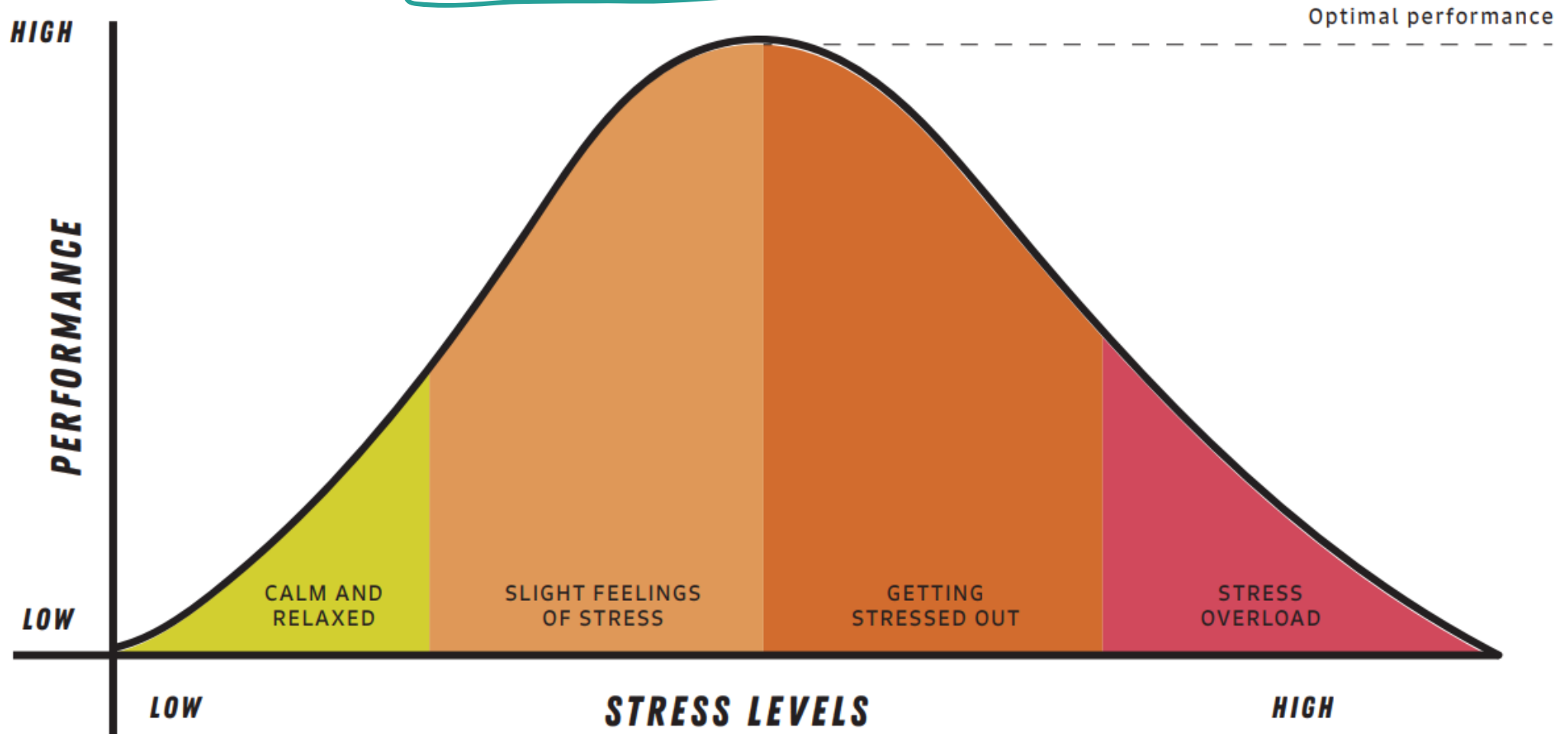


motivation and stress



tipp

Ideas to help you reduce emotional overwhelm using the TIPP technique

Burpees	Eat Ice	Hunch and release my shoulders	Run my hands under cold water
20 star jumps	Dance hard	Timed Breathing	Push hard against a wall
Splash water on your face	Curl your toes then let them go	Run on the spot fast	Scrunch your face then relax it
Make fists with your hands tight then relax them	Rub an ice cube on your hands/arms/face	Belly Breathing	Blow bubbles

T= Temperature

I= Intense Exercise

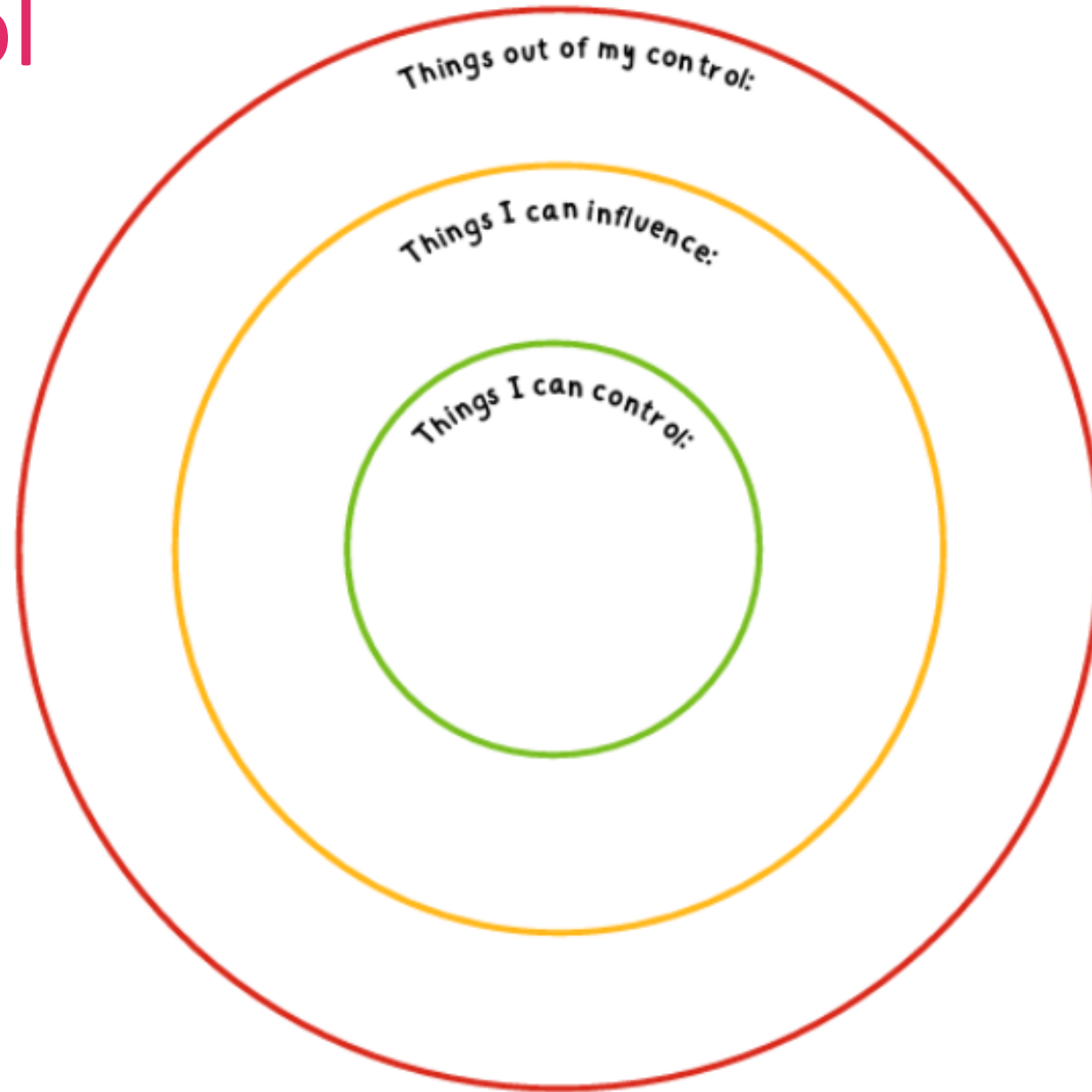
P= Paced Breathing

P= Paired Muscle Relaxation

If we find ways to distract ourselves our mind will calm down and we will be in a much better position to deal with stressful or difficult situations.



Circle of control



Where to get help

If you want help with your mental health you can talk to your school pastoral team, drop in to see the school nurse, or these organizations can

help too...



These organisations
can help too

