

Top tips to managing emotions



1. **Eat 3 regular healthy meals a day**– don't skip breakfast– it is a vital start to the day!
2. **Exercise**- go on a walk, go swimming, go for a run, do yoga, do a home workout– you choose! Exercise helps release endorphins which are 'happy hormones' and are great for the body and the mind.
3. **Get a good nights sleep**. Turn off devices at least an hour before bed, have a warm bath, read or practice relaxation before you go to sleep.
4. **Talk to someone or write down/draw and express how you are feeling**- keep a journal and challenge any unhelpful thinking.
5. **Try relaxation/mindfulness**. There are many relaxing music and mindful meditation practices on YouTube. Try different ones out and see which work well for you.
6. **Practice deep breathing**. Take a long deep breath in through the nose and let it all out through the mouth. This is a quick way to gain control back of your body, avoid panic and focus on your thinking.
7. **Set realistic SMART goals**– goals give us a sense of achievement regardless of how big or small they are (**S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime).

Useful support agencies outside of school:



To make a referral
Tel: 0300 123 0907



ChatHealth
Text: 07520615721



CALM
Helps users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories.



HEADSPACE
Headspace is an app that teaches you how to meditate.



WELLMIND
NHS mental health and wellbeing app designed to help you with stress, anxiety and depression.



CATCH IT
A Cognitive Behavioral Therapy (CBT) based app aimed to help users deal with feelings of anxiety, depression, anger and confusion.



CALM HARM
An app designed to help people resist or manage the urge to self-harm. It's private and password protected.