



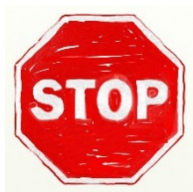
THE PARTICIPATION TEAM

TOP TIPS FOR CALMING DOWN

Feeling angry, overwhelmed or frustrated by what is going on is understandable, especially as we are once again cooped up in our houses unable to do the things we normally enjoy. Sometimes, this can lead to arguments with those around us or the feeling we're losing control so the VSK Participation Team wanted to share some of the ways we calm down when things are tough.

Calming Down Strategies:

- Tell yourself to STOP!
- Give your brain thinking time
- Say to yourself 'be calm, be calm, be calm'
- Count backwards from 10, 20 or 100
- Walk away from the situation, for example go in the garden
- Tell someone else how you feel
- Breathe deeply in and out 5 times
- Tense and relax your muscles
- Take some exercise
- Go somewhere quiet and shout
- Write your thoughts down
- Listen to some music
- Set a timer and take a break or a time out
- Close your eyes and think of a calm and happy place



Breathing Exercises:

Mind North Kent is a mental health charity that is supporting young people during the Coronavirus pandemic. They suggest breathing activities as a great way to help your mind and body calm down. Deep breathing helps get more oxygen into your bloodstream which has a physical effect on your body to help lower stress.

[Click on the link to go to the Mind website](#)

North Kent Mind's Recommended Breathing Activities:

Balloon Breathing: Picture a balloon in your stomach when breathing in and push your stomach out.



Colour Breathing: When you breathe in, picture a calming, happy, positive colour. When you breathe out, imagine a colour that represents stress or unhappiness and picture this leaving your body.

Calm Breathing: Take a long deep breath in through your nose filling your lungs. Hold your breath for a count of 3 then breathe out slowly through your nose with your lips closed.

Grounding Exercises:

Mind North Kent also suggest you try a grounding exercise when you are feeling panicked or anxious;

“Try focusing on the five senses; list 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can taste or smell and take 1 big breath. This should bring you back to reality and let you focus on something more enjoyable and relaxing.”

Get in Touch:

Why not let us know what you are doing during this lockdown. Do you have any advice for other young people?

Contact us by emailing VSK_Participation@kent.gov.uk
