

WELLBEING TIPS







wellbeing@ousedale.org.uk

February 2024

CALMING TECHNIQUES

When we become triggered, it is important to bring ourselves back into the present so that we can remember that we are safe and not back in the past. This is where grounding techniques can come in handy. They can be used on anyone who is feeling triggered, including yourself!

Grounding exercises are short activities that can help us manage disturbing or upsetting thoughts when we are reminded of our traumatic experience. Below are different grounding techniques:

	Drink a glass of water
	4-7-8 breathing: Breathe in for 4 seconds. Hold the breath for 7 seconds. Exhale for 8 seconds. Repeat.
	Five-finger breathing: Hold one hand in front of you, with your fingers spread out. Trace the outside of your entire hand with the index finger on your other hand, taking your time, and breathing in when you trace up a finger, then out when you trace down.
	Count backward by 3: Slow your racing thoughts by counting backwards by three in your mind from 100 (100, 97, 94, etc).
	5-4-3-2-1 Grounding Technique: Notice 5 things you can see, 4 things that you can touch, 3 things that you can hear, 2 things that you can smell, and 1 thing that you can taste.
	Engage in a creative practice: Write in a journal, play with clay, paint, collage. What you make doesn't have to be good! Just enjoy the process.

ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice



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Young Person's Sanctuary

Supporting young people with mental health across Milton Keynes.

Where?
Milton Keynes

14-17yrs

there is always someone there who will listen

A safe and non-judgemental, relaxed space

No appointment necessary

Location:
CAMHS Eaglestone Health Centre, Standing Way,
Milton Keynes MK6 5AZ

Wednesday - Friday (5.00pm - 10.00pm)
Saturday (4.00pm - 10.00pm)

www.mind-blmk.org.uk

To find out more:
0300 330 0648
yps@mind-blmk.org.uk

Charity No. 1068724



Central and North West London
NHS Foundation Trust



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