

## Managing stressful feelings



*If I am feeling a bit worried, sad or annoyed  
these are things I can do:*



# *Stretch* let out all your body tension

## *Breathe*

*Gentle Breathing*  
Gentle breathing like  
blowing a string of  
bubbles through a  
bubble wand



*Or like you are  
gently blowing  
on a hot  
chocolate to  
cool it down*



# Relax my muscles

By keeping my face *calm*

I will be sending a message to my brain that



I am OK



# Pause Take a break





# Support for wellbeing

Some useful apps to help with breathing and mindfulness



## Smiling mind

click the icon for information

## Reachout

Breathe

Worry Time

click the icons for information



**Kids help line** offer support for kids, teens, parents and teachers via telephone **1800 55 1800** or web chat click the icon for information

