

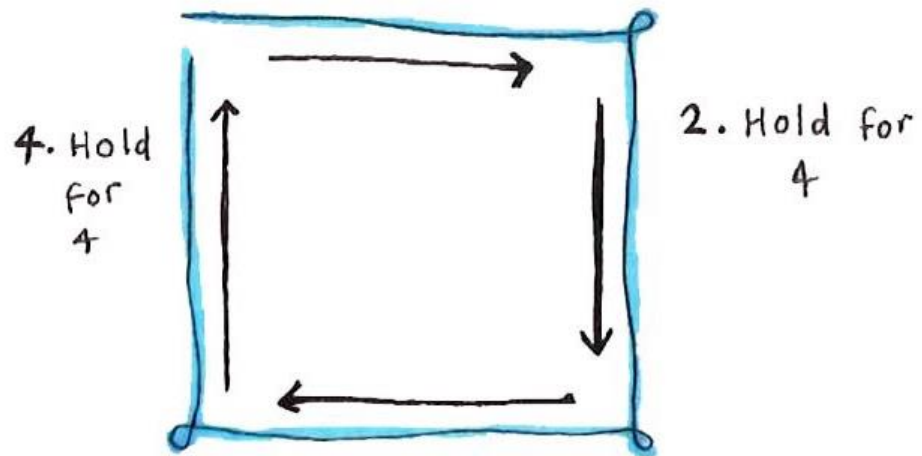
Wellbeing and mindfulness
support at home for week
beginning 11.01.21

Try these at home when he feel low, anxious or worried.

- While practising wellbeing avoid digital devices
- Try and involve others in your family
- Make time for yourself to be mindful!

Square breathing

1. Breathe in for
4 seconds



2. Hold for
4

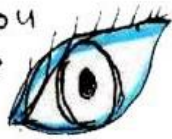
3. Breathe out
for 4

4. Hold
for
4

Go through your senses

Name ...

5 things you
can see



4 things you
can touch



3 things you
can hear



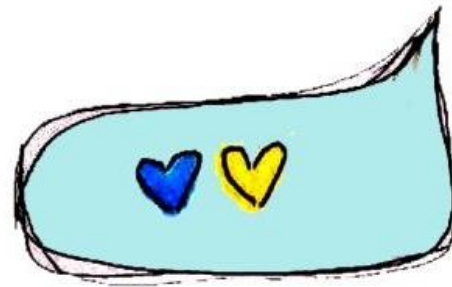
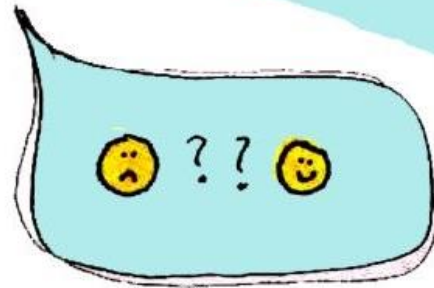
2 things you
can smell



1 thing you can taste



Talk to someone you trust



Talking about anything can help
take your mind off whatever is
worrying you.