

TOOLS AND TECHNIQUES RECAP

My Strategies:

	1st	2nd
Get to know my triggers	<input type="radio"/>	<input type="radio"/>
My stress scale 1-10	<input type="radio"/>	<input type="radio"/>
Be aware of my thoughts	<input type="radio"/>	<input type="radio"/>
Stop lower thinking!	<input type="radio"/>	<input type="radio"/>
Positive self-talk	<input type="radio"/>	<input type="radio"/>
Nose/belly breathing	<input type="radio"/>	<input type="radio"/>
Square breathing	<input type="radio"/>	<input type="radio"/>
Four-Six Breathing	<input type="radio"/>	<input type="radio"/>
Be more in the now	<input type="radio"/>	<input type="radio"/>
Count backwards, 10-1	<input type="radio"/>	<input type="radio"/>
Shout out 5 things	<input type="radio"/>	<input type="radio"/>
Eyes - jaw - shoulders - hands breathing	<input type="radio"/>	<input type="radio"/>
Butterfly Tapping	<input type="radio"/>	<input type="radio"/>

	1st	2nd
Create daily goals	<input type="radio"/>	<input type="radio"/>
Reward myself	<input type="radio"/>	<input type="radio"/>
Energy Audit	<input type="radio"/>	<input type="radio"/>
Happy memory activation - last thing at night	<input type="radio"/>	<input type="radio"/>
Visualisation - manifest my future	<input type="radio"/>	<input type="radio"/>
Things I'm grateful for	<input type="radio"/>	<input type="radio"/>
Be kind to myself	<input type="radio"/>	<input type="radio"/>
Interact/connect with people	<input type="radio"/>	<input type="radio"/>
Human contact - hugs x10 seconds	<input type="radio"/>	<input type="radio"/>
Support others	<input type="radio"/>	<input type="radio"/>
Create a new project	<input type="radio"/>	<input type="radio"/>
Calming the mind strategy	<input type="radio"/>	<input type="radio"/>
Anger Busting	<input type="radio"/>	<input type="radio"/>