

HOPES AND FEARS

WITH A NEW BEGINNING ON THE HORIZON IT CAN BE USEFUL TO EXPLORE WHAT YOU ARE EXCITED ABOUT AND WHAT IS CAUSING YOU CONCERN

FEARS I HAVE ABOUT SCHOOL

WHAT ARE YOU WORRIED ABOUT?

HOPES I HAVE ABOUT SCHOOL

WHAT ARE YOU EXCITED ABOUT?



IT CAN BE HELPFUL TO TALK THESE THINGS THROUGH WITH A TRUSTED PERSON IN YOUR LIFE

IF YOU HAVE LOTS OF FEARS ABOUT THE CHANGES THAT ARE APPROACHING HERE ARE SOME TIPS AND TECHNIQUES TO HELP YOU FEEL CALMER

Mindfulness

Mindfulness involves focusing your attention on the present by noticing all of your senses and/or how your body is feeling. Sometimes we can find it hard to not get swept away by our thoughts. Imagine you're on a bridge - mindfulness is about watching the river of thoughts but not getting swept away by them. When you notice your thoughts wondering, try to bring yourself back to the present and not judge yourself for veering off course a little. You can practice mindfulness at any time with activities like walking, dancing, eating or colouring.

Breathing

When trying to relax it is helpful to focus more on your out breath as this can be more calming than forcing breath in, so breath out for as long as possible and you will then naturally refill your lungs. Mindfulness is best done with focus on your breathing. This may sound odd, but there are several different ways to breathe, for more specifics on this you can join OTR's Resilience Lab workshops.

Progressive Muscle Relaxation (PMR)

PMR is most useful when trying to relax yourself before bed. Start by tensing up your toes and feet for a few seconds, then release. Tensing up then relaxing can help your muscles to relax more. Next time you're struggling to sleep, tense up different parts of your body, starting with your feet and slowly moving up your body until you tense every muscle and release. By combining this with breathing and mindfulness it can really help with getting to sleep.

Gratitude

As humans we can tend to focus more on negatives and discount positives. which is why gratitude is a key part of resilience. By starting to notice and focus more on the positives around us, we can adopt a more positive mindset. Try writing down a few things you are grateful for each day, however big or small. This will slowly bring your attention to the positivity around you and will train your brain to start noticing them.



IF YOU WOULD LIKE A SPACE TO BUILD RESILIENCE AND LEARN MORE TIPS AND TECHNIQUES COME ALONG TO ONE OF OUR RESILIENCE LAB SESSIONS - YOU CAN SIGN UP HERE

[HTTP://BIT.LY/OTR-SIGNUP](http://bit.ly/otr-signup)