Oragonfly Connect



Resources to calm anxious feelings

2023/4 RESOURCE PACK 2/3

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GRATITUDE JOURNALLING

Self-Compassion

Treat yourself like you would a friend

Notice the parrot on your shoulder.



The 'parrot' is the voice in your head or the way that you treat yourself.

Often the first step in becoming more selfcompassionate is to notice how you talk to yourself.

• Score the below out of 5 (5 is high and 0 is low)

Nurturing

Kind

Encouraging

Motivating

Understanding

 Imagine a friend comes to you and says they are really struggling and feel like they need a good rest. Imagine what you would say and write it down, along with noting the tone.



Self-Compassion

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ow I	would	l say i	t		
ow I	would	l say i	t		
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ow I	would	l say i	t		
low I	would	l say i	t		



Self-Compassion

Colour the parrot and mindfully think about how the voice in your head will talk to you next time you feel tired or sad. Try to imagine how you would talk to someone you care about.





Habit Stacking

The theory of habit stacking is based on the idea that we don't always have to be motivated to do the things that are important to us. Sometimes we do things despite not feeling motivated. This is because we have developed habits that are based on things we do regularly and have intrinsic motivation to do. For example, most people brush their teeth twice a day.

What do you do every day without fail? E.g. I brush my teeth or I have my breakfast.

2



What would you like to every day (that you could do straight after the habits you already have)?

E.g. 5 minutes mindfulness.



Now write out what your pairs of habits might look like.

E.g. I brush my teeth and do 5 minutes mindfulness.





Breathwork



Breathing exercises help to promote the body's relaxation response. When anxious, we may forget to breathe or take shallow breaths. As a result, we don't take in enough oxygen, which can make feelings of anxiety worse.





3 Breathwork Techniques

1

TEDDY BEAR BREATHING

Lie on your back, place a hand on your chest, and place a teddy bear on your belly button. Close your eyes and relax your entire body. Breathe in slowly through the nose. The teddy bear should rise, but your chest should not.

2

4-7-8 BREATHING

Completely exhale through your mouth, making a "whoosh" sound. Close your mouth and inhale quietly through your nose as you mentally count to four. Hold your breath for a count of seven. Exhale completely through your mouth, making another "whoosh" sound to a count of eight.

4

LION'S BREATH

3

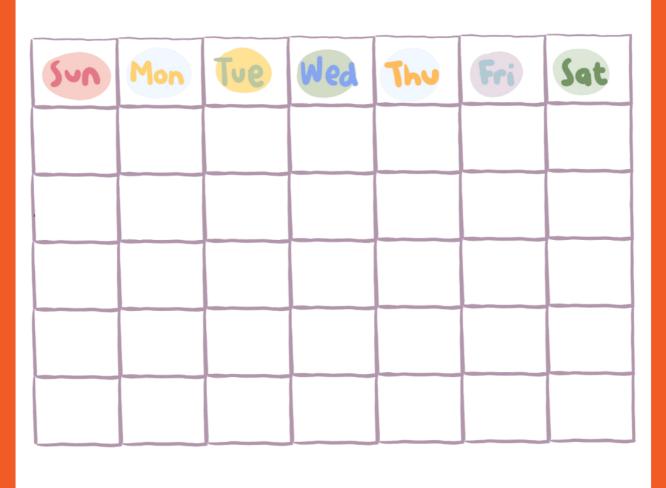
Inhale deeply through your nose for a few counts. "As you exhale, breathe out through your mouth, sticking out your tongue and making a 'haaaa' sound.





SPOT CHECK

Draw an emoji for how you feel at different times of the day so you can see if there is a pattern to your feelings. Share this spotcheck with a trusted adult if you wish.









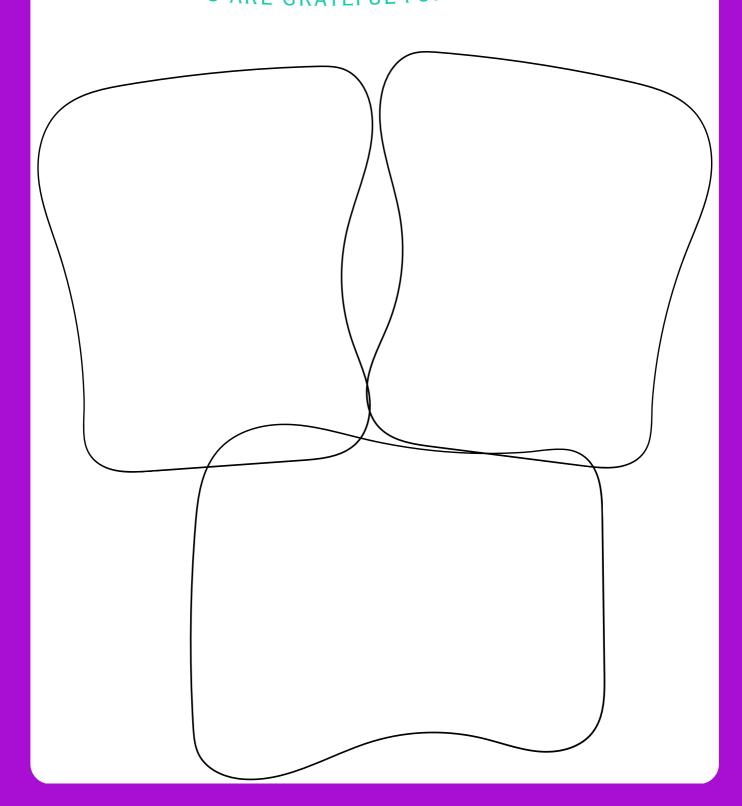








THAT YOU ARE GRATEFUL FOR TODAY



Weekly Gratitude

DATE

THIS WE	EEK, I'M GRATEFUL FOR:
<u> </u>	
_	
I WILL R	EMEMBER THIS WEEK BECAUSE:
• – • –	
• – • –	
GOALS	I WANT TO ACHIEVE NEXT WEEK:
• – • –	
NOTES	

Celebrate the little things

A MONTH OF GRATITUDE