Balanced Thinking

What it is:

A way of looking at a tricky thought from all sides so you can see what is true, what might not be completely true, and what is a kinder and more helpful way to think.

When to use it:

When a stressful or unhelpful thought lingers.

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Try this:

Think about a time that made you feel stressed or worried.

- The situation is...
- The tricky thought is...
- Something that is true is...
- Something that is not true is...
- A more helpful thought is...

Ask yourself: Is there another way to look at this?

5-4-3-2-1 Grounding

What it is:

An exercise that uses your five senses to bring your attention back to the present moment.

When to use it:

When you feel overwhelmed, anxious, distracted, or upset.

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Try this:

Pause. Take a breath. Look around. 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

If a sense doesn't feel comfortable, you can skip it or change the order.

What I Can Control

What it is:

An activity that helps you focus your energy on the things you can do something about.

When to use it:

When a situation feels big, confusing or out of your hands.

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Try this:

Think about what is causing you stress.

- The thing I am worried about is...
- Something I can control is...
- Something I cannot control is...
- One thing I can do right now is...

Small, realistic actions can help you feel more confident and in control.

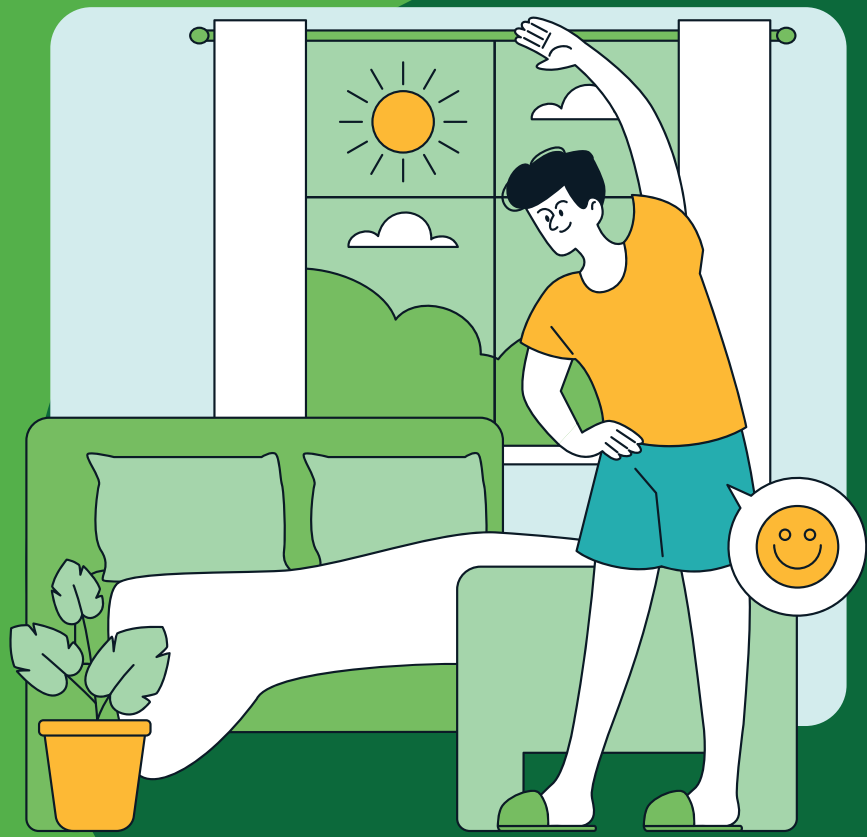
Slow Head-to-Toe Relaxation

What it is:

Slowly tightening and relaxing different muscle groups to help calm your body.

When to use it:

When your body feels tense, jumpy or full of stress.



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Try this:

Starting at your feet:

- Tighten for **5 seconds**
- Release
- Move to the next muscle group

Feet → Legs → Stomach → Shoulders →
Arms → Hands → Face

Take a slow breath each time you relax a muscle group.

Thought Dump

What it is:

A way to empty your thoughts onto paper, your phone, or a computer so your mind feels less full.

When to use it:

When your mind feels crowded, busy, or stressed.

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Try this:

Write down anything that comes to mind. Don't worry about spelling, grammar, or making it sound perfect.

If you need help getting started:

- Right now, I am thinking about...
- I am feeling _____ because...
- One thing I wish I could tell someone is...
- Something that keeps popping into my mind is...

Still feeling overwhelmed? Talk to someone you trust or share what you've written to help start the conversation.

Circles of support

What it is:

A way to think about the different people in your life you can turn to for help.

When to use it:

When you're feeling alone or aren't sure who to talk to.

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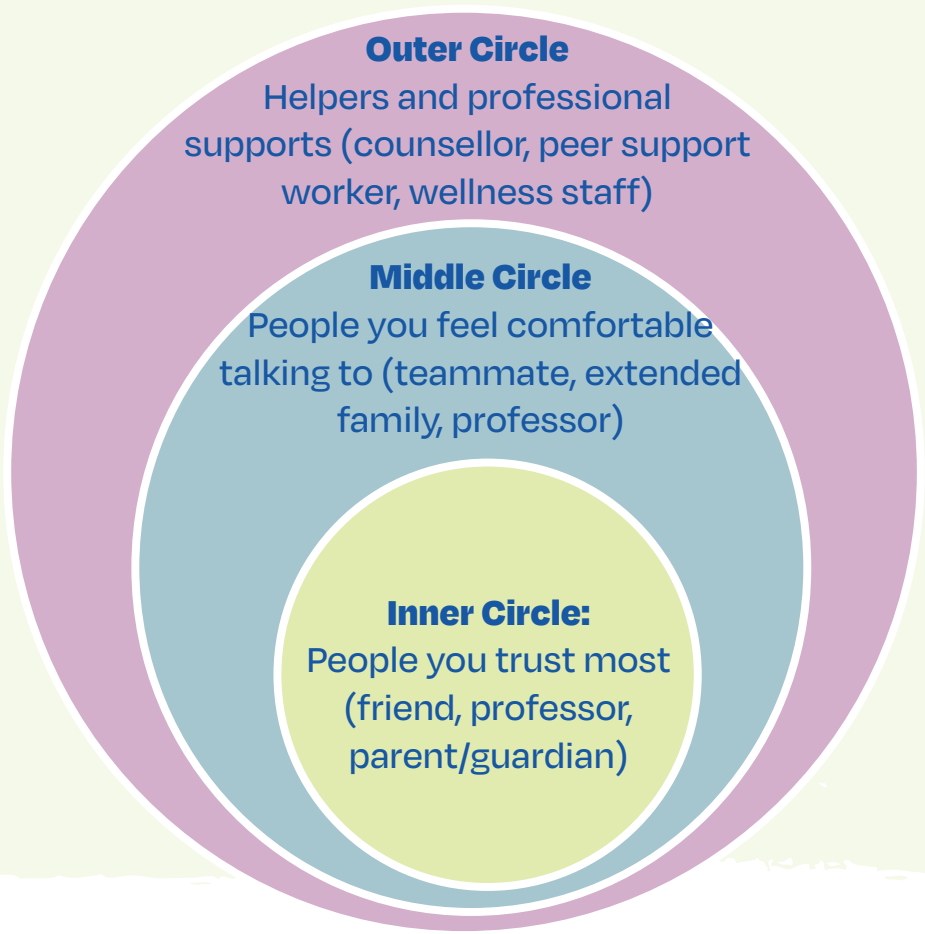
Think of three circles:



Try to name one person in each circle. If a circle feels empty, that's okay. You can always add people later.