



THINGS THAT HELP/WAYS
OF GETTING SUPPORT





WAYS OF GETTING SUPPORT

Remembering thoughts
that help

(eg this too will pass)



WAYS OF GETTING SUPPORT

Repeating a calming
mantra
(eg, peace)



WAYS OF GETTING SUPPORT

Holding an ice cube/
ripping paper into pieces
or snapping bubble wrap



WAYS OF GETTING SUPPORT

Doing some pacing



WAYS OF GETTING SUPPORT

Bouncing a ball or
squeezing a stress ball



WAYS OF GETTING SUPPORT

Doing something kind



WAYS OF GETTING SUPPORT

Tapping

(<https://youtu.be/XRfLTQjJhp0>)



WAYS OF GETTING SUPPORT

Havening or
self-havening

(<https://youtu.be/qlz-sye89ec>)



WAYS OF GETTING SUPPORT

Receiving a massage
or using hand or
foot massage



WAYS OF GETTING SUPPORT

Having a good cry/
having a good laugh



WAYS OF GETTING SUPPORT

Mindfully chewing mint gum, fudge or chocolate



WAYS OF GETTING SUPPORT

Using aromatherapy



WAYS OF GETTING SUPPORT

Trying neurofeedback
sessions



WAYS OF GETTING SUPPORT

Treating myself

(eg eating favorite food,
painting nails)



WAYS OF GETTING SUPPORT

Dancing/singing/
playing an instrument/
drumming



WAYS OF GETTING SUPPORT

Practicing yoga, qigong
or other martial art



WAYS OF GETTING SUPPORT

Using a weighted blanket
or weighted dog



WAYS OF GETTING SUPPORT

Having contact with
my pet



WAYS OF GETTING SUPPORT

Using sensory-modulation
(eg calming smells such as lavender or vanilla/energising smells such as citrus or peppermint)



WAYS OF GETTING SUPPORT

Relaxing foot soak



WAYS OF GETTING SUPPORT

Progressive muscle
relaxation



WAYS OF GETTING SUPPORT

Contacting my peer
support person



WAYS OF GETTING SUPPORT

Contacting my friend
(Be specific)



WAYS OF GETTING SUPPORT

Punching a pillow
or punching bag
to release anger



WAYS OF GETTING SUPPORT

Speaking with my
spiritual support person
(Be specific)



WAYS OF GETTING SUPPORT

Getting busy doing easy,
distracting tasks

(be specific eg housework)



WAYS OF GETTING SUPPORT

Browsing the Internet,
using Playstation or
Xbox games etc



WAYS OF GETTING SUPPORT

Using a wellbeing or mindfulness app

(eg <https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#headspace>)



WAYS OF GETTING SUPPORT

Spending time in
nature /gardening/
listening to birdsong etc



WAYS OF GETTING SUPPORT

Listening to
soothing sound

(eg rain, running water,
calming music)