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Wellbeing in Fife Tool Box



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The tools we have learned that might help us;

Breathing



Bubbles



Distraction



Muscle Relaxation



Self-Sooth Box



Power Box



Laughter



Talking Heads



Balloons



Breathing

It's easy for us to get distracted and not focus on breathing but taking 3 deep breaths can lower the stress levels within our body and re-centre our attention.

- Take a deep breathe in through your nose
- Hold for a second
- Exhale through your mouth

Repeat 3 times, on the second breath, close your eye and focus on what your body is doing (i.e. chest rising, shoulders lifting, pushing forward) and then on the exhale focus on the shoulders lowering, belly relaxing and chest flattening.

Bubbles

When we begin to forget the power of breathing or are finding it difficult to focus, use bubbles to re-centre your attention on breathing.

Remember with bubbles, when we hold it close to our mouth we are breathing but no bubbles come out. However when we take a large deep breathe in and exhale lots of bubbles come out. You can imagine the bubbles as the negative emotions and thoughts that you are feeling begin to leave your body as you watch the bubbles blow away.

Distraction

Distracting our mind can be one of our most powerful tools and it can change to suit you as much as you want. Distraction is all about taking your mind off what's going on and doing something else that makes you smile, laugh or become creative. A great way on doing this, is doing another task ie cleaning something, watching a funny tiktok video, listening to music and closing your eyes.

There's a lot of different ways you can create distraction, it's about finding what works for you that you can do easily at any time.

Muscle Relaxation

Muscle relaxation is a really good way to remove some of the tense feelings in the body and feel in touch with your body. You can focus on one area and do this discretely or you can do all movements to feel total relaxation. You can do muscle relaxation standing or lying down.

1. Raise your eyebrows and wrinkle your forehead. Try to touch your hairline with your eyebrows. Hold for 5 seconds...and relax.
2. Make a frown. Hold for 5 seconds...and relax.
3. Close your eyes as tightly as you can. Draw the corners of your mouth back with your lips closed. Hold for 5 seconds...and relax.
4. Open your eyes and your mouth as wide as you can. Hold for 5 seconds...and relax. Feel the warmth and calmness in your face.

5. Stretch your arms out in front of you. Close your fist tightly. Hold for 5 seconds...and relax. Feel the warmth and calmness in your hands.
6. Stretch your arms out to the side. Pretend you are pushing against an invisible wall with your hands. Hold for 5 seconds...and relax.
7. Bend your elbows and make a muscle in your upper arm. Hold for 5 seconds...and relax. Feel the tension leave your arms.
8. Lift your shoulders. Try to make your shoulders touch your ears. Hold for 5 seconds...and relax.
9. Arch your back away from the back of your chair (or off the floor). Hold for 5 seconds...and relax.
10. Round your back. Try to push it against the back of your chair (or against the floor). Hold for 5 seconds...and relax. Feel the tension leaving your back.
11. Tighten your stomach muscles. Hold for 5 seconds...and relax.
12. Squeeze your bum together. Hold for 5 seconds...and relax.
13. Tighten your thigh muscles by pressing your legs together as close as you can. Hold for 5 seconds...and relax.
14. Bend your ankles toward your body as far as you can. Hold for 5 seconds ...and relax.
15. Curl your toes under as far as you can. Hold for 5 seconds...and relax. Feel the tension leave your legs.
16. Tighten all the muscles in your whole body. Hold for ten seconds...and relax. Let your entire body be heavy and clam. Sit quietly (or lie quietly) and enjoy this feeling of relaxation for a couple of minutes

Self-Soothe Box

The self soothe box is something you can create and have in your bag or you can pick on item from the self soothe box to keep with you. The soothe box helps us connect to our senses and focus on them to help re ground us when we are struggling. Ideas for a soothe box include;

- Something that's scented like playdough
- Fidget toy ie poppets, stress balls, playdough
- Something with noise ie music
- Anything that helps you relax and take your mind off things



Power Box

Your power box is your box that's full of positive statements/quotes that are from yourself, friends, family, guidance teachers etc. The box is used for when we have a negative thought about ourself or for when we just need to hear something good about ourselves. You can also go online for some quotes.

Some examples of statements might be;

- Shine bright like the diamond you are
- Your smile lights up the room, so share it
- Your past doesn't define your future



or doing something silly that will make you laugh because you feel so silly. It comes in all shapes and sizes and you design this tool to you.

Laughter

Laughter is one of the most powerful tools, laughing takes our mind away to a different place and brings a smile back on our face. Using laughter as a tool is again personal to you so it might be watching a funny video, remembering a funny story, speaking to someone who makes you laugh



Talking Heads

The one on the left is;

Your Inner Voice



We all have an inner voice that at times can make us question ourselves, our abilities, our looks, our qualities, our popularity. Write in this head the things that your inner voice tells you that affect your confidence and your self-esteem.

The one on the right is;

I will tell myself.

Have a different conversation with yourself by challenging your inner voice when it is negative and reminding yourself of your qualities, strengths, skills and values. Write in this head positive messages that you will tell yourself when you have negative thoughts.

Balloons



The Balloon tool helps us to recognise the things/people we already have around us that lift us up when we are feeling down, low, or just need some cheering up. The balloon tool is used for us to write down the things that lift us up, put a smile on our face and help to improve our mood no matter how little or big.

Some examples are;

- Hearing grandparents voices
- Doing your hair
- Watching your favourite movie
- Spending time with family/friends

Notes



Notes

