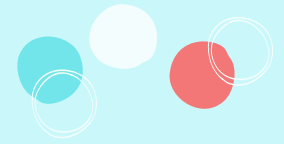
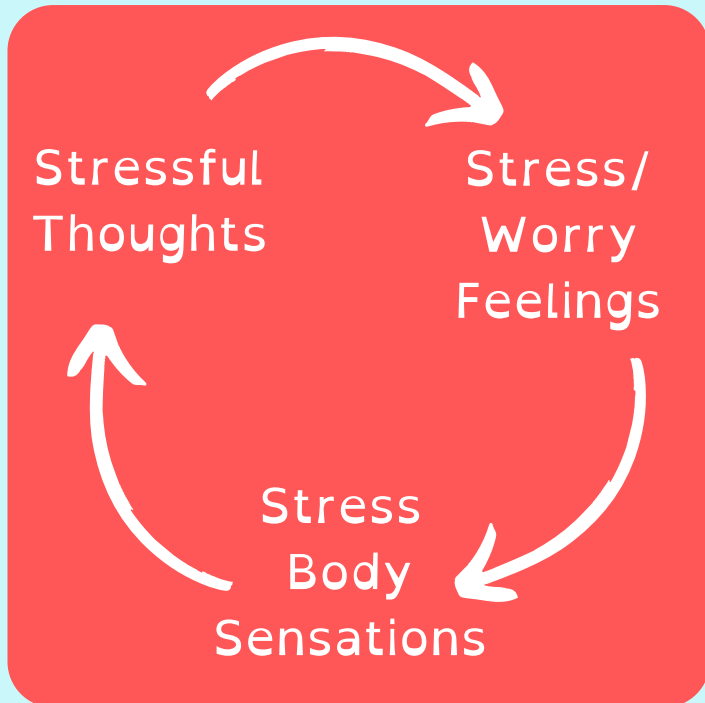


The Stress Loop



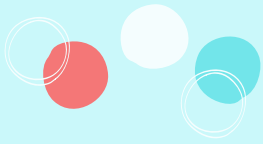
Sometimes when we're stressed, unhelpful thoughts can keep us stuck in a loop



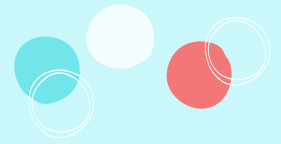
What unhelpful thoughts keep you in a stress loop?

What reassuring thoughts could you use instead?

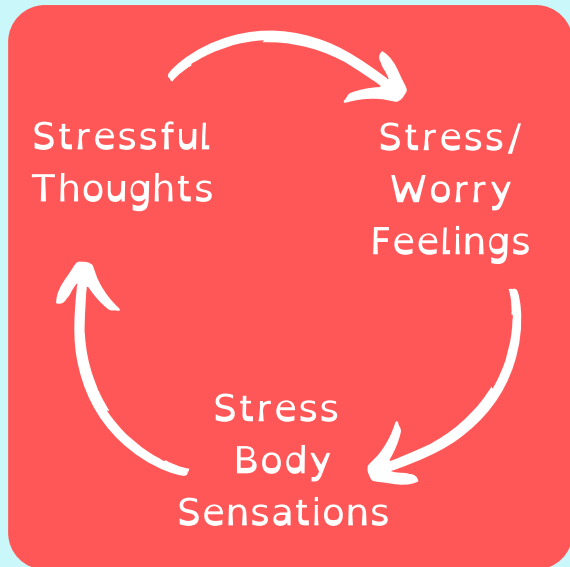




The Stress Loop



Another way to break the stress loop is to try things to help us calm our body when we're stressed

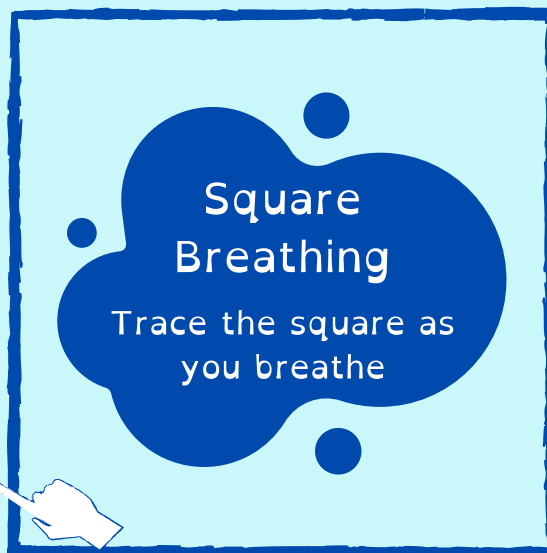


Soothing
Engage your senses



Hold
1...2...3...4...

Breathe in
1...2...3...4...



Breathe out
1...2...3...4...

Hold
1...2...3...4...



Get Moving!

Move your body to use up that stress energy

