

Return to BALANCE

TRY TO

Connect with others
Try something new
Enjoy the moment
Challenge yourself
Write down your dreams
Practice gratitude
Plan, create and learn
Build and grow your best self
Celebrate and enjoy

TRY TO

Move your body
Tense and release muscles
Splash face with icy water
Hot or cold shower
Breathe slow, steady breaths
Imagine a stop sign
Make space for big feelings
Use 5 senses to get grounded
Go into nature
Trust in a higher power

BALANCED

I am feeling...

HIGH DISTRESS

Listening to your inner critic
Risky behaviours
Arguments and confrontation
Stopping movement
Thinking it's forever

AVOID

AVOID

Overthinking
Withdrawing
Doubting yourself
Trying to be perfect
Slipping into old bad habits

Being alone for too long
Skipping basic self care
Dwelling on negative thoughts
Pushing yourself too hard
Over-sleeping or scrolling
Self-criticism

LOW/FLAT

TRY TO

Spend time in the sunshine
Nourish and cleanse your body
Listen to music
Be kind to yourself
Gentle movement
Reach out for support
Set a tiny goal
Do something creative
Picture a future goal
Listen to your inner coach
Meditate and stretch

ON EDGE

TRY TO

Notice and allow all feelings
Name the feeling in you
Recognise unhelpful thinking
Identify what you need
Journal thoughts and feelings
Know your limits
Say no to energy drainers
Say yes to energy gainers
Check posture & facial expression
Be kind and compassionate
Celebrate small wins

Taking on more responsibility
Ignoring your body
Pulling back from emotions
Letting thoughts push you around
Ignoring your intuition