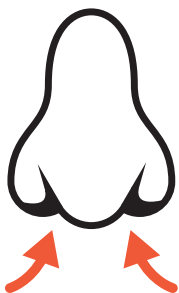


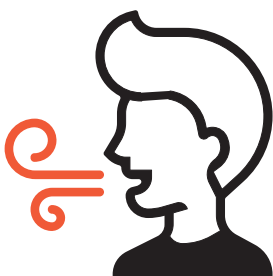
# SENSORY SNACKS (Take 5, take a break).

This literally means take five to use some of these strategies that help in the moment and will also give you the time to rest and recharge.



## BREATH

Deep breathing is the fastest, easiest and most accessible way to de-stress your brain. It immediately lowers your heart rate and regulates your body and brain.



## BLOW

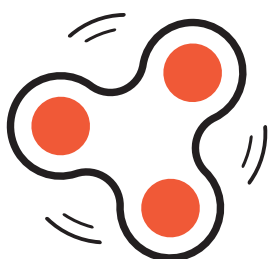
If you're tired, angry or irritable whistle, blow up a balloon, blow football. This encourages deep breathing and regulates your brain which will help to curb anxiety, anger and irritation (a good strategy if you find deep breathing difficult to concentrate on).



## SIP AND SUCK

Keep a water bottle with you and drink water regularly. Water helps to keep your brain clear and alert. A spouted bottle is better as the sucking action will further help you destress.

Suck on a hard boiled sweet, drink thick smoothie through a straw.



## FIDDLE

Fiddle to focus – by fiddling with a stress ball, paper clip, ribbon, pen (anything!) your brain unconsciously and automatically finds it easier to be organised, clear and regulated. Use a stress ball. Doodle.



## MOVE

Moving the body is one of the most powerful and healthy methods to de-stress and regulate. Although regular exercise is the ideal stress reliever just taking a movement break (get up from your chair) walking around the house helps get the brain and body to the optimum zone. Stretch (and breathe).

Give yourself hard pressure with both hands on your head.

Push and pull your hands together.