

Name:

Address:

Qty	Description	Amount
	1. Meditation - use free apps like Insight Timer and YouTube	
	2. Butterfly hugs - interlock your thumbs over your heart space and tap your hands left then right	
3.	Breathing exercises	
4.	Self-compassion	
5.	Monitor caffeine and alcohol consumption	
6.	Regular exercise/mindful movement	
7.	Stretch or jog on the spot when you feel anxious	
8.	Stay well hydrated	
9.	Go to bed and wake up at the same time everyday	
10.	Journal - get the thoughts out of your head and onto paper	

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