DESIGNED BY ASHLEIGH DINE (SOCIAL WORKER, MARINOTO WEST)

WISE MIND ACCEPTS

ACTIVITIES



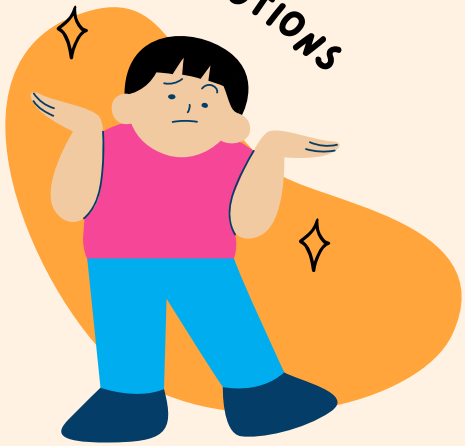


CONTRIBUTING

COMPARSIONS (HOW WOULD PAST ME HAVE COPED?)



EMOTIONS





PUSHING AWAY (THE VAULT)

THOUGHTS



DESIGNED BY ASHLEIGH DINE (SOCIAL WORKER, MARINOTO WEST)

TIPP

WHEN TO USE?

THIS SKILL IS VERY HANDY WHEN YOU'RE DISTRESSED AND UNABLE TO THINK CLEARLY. THE TIPP SKILL GIVES US TIME AND A CLEARER STATE OF MIND SO WE ARE ABLE TO CHOOSE A SKILFUL RESPONSE RATHER THAN IMPULSIVELY RESPONDING.



TIP THE TEMPERATURE

TIP YOUR BODY TEMP SUBMERGE YOUR FACE IN COLD WATER FOR 30 SECS

INTENSE EXERISE



DO A HIGH ENERGY EXERCISE TO MATCH YOUR INTENSE EMOTION

PACED BREATHING



BREATHE IN FOR 4, BREATHE OUT FOR 5-6



PROGRESSIVE MUSCLE RELAXATION

TENSE AND RELAX EACH MUSCLE GROUP IN YOUR BODY-1 AT A TIME