



**alternative
thoughts...**

SOMETHING TO
RELEASE STRESS...

SOMETHING TO
ENCOURAGE...

SOMETHING TO
COMFORT...

SOMETHING TO
DISTRACT...

WHAT COULD YOU DO DIFFERENTLY?

WE ALL GO THROUGH TOUGH TIMES AND HAVE DIFFICULT THOUGHTS AND FEELINGS. BUT HERE ARE SOME ALTERNATIVE THINGS TO TRY WHEN YOU FEEL LIKE THIS. USE THE NEXT PAGE FULL OF IDEAS TO FILL IN EACH LEAF WITH SOME ALTERNATIVE ACTIVITIES YOU COULD TRY.



anger and frustration.

- do some exercise
- punch pillows
- shout
- play with a tangle toy
- jump up and down
- squeeze a stress-ball
- rip up paper
- practice deep breaths
- listen to music
- cook or bake something
- stroke a pet/soft toy
- do some angry art
- squeeze ice cubes
- throw stones in the sea or a pond

shame or self-hatred.

- read something good someone has written about you
- do something that someone else will appreciate
- talk to someone that cares about you - a loved one or friend
- do some exercise
- think of a safe place where you are happy, picture yourself there
- look through old photos of happy memories
- do something to help someone
- listen to music

stressed or not in control.

- keep a thoughts journal
- write a list of things that make you happy and then do one of them
- take something apart and put it back together
- do some breathing exercises
- pop bubble wrap
- lose yourself in an inspiring film
- draw, colour or paint
- read a book or magazine
- play with Play-Doh or clay
- learn a new skill

sadness and fear.

- wrap yourself in a blanket
- have a warm bath/shower
- allow yourself to cry then watch an upbeat, positive film
- go for a walk
- listen to calming music
- talk to someone face-to-face or on the phone
- write a list of things you are thankful for
- start a journal/scrapbook
- watch funny videos online
- curl up and go to sleep
- play with a pet

WHEN YOU ARE FEELING LOW...