




Strategies

to help manage your feelings

Write a list of strategies that work for you. You might like our examples, but you may also have some of your own:

	How it makes me feel		
			
Have a shower			
Take time out			
Breathing exercises*			
Talk to someone about how things are for you right now			
Do some stretches*			
Going to my roto, moana or awa			
Time yourself in the plank position			
Kapa haka			
Write your feelings down in a journal			
Do brain exercises (like puzzles)			
Listen to music			
Talk to a supportive person			
Have a warm cup of herbal tea			
Progressive muscle relaxation*			
Write some music or poetry			
Do some drawing, art or crafting			
Read a book			
Remind yourself why you make healthier choices			
Wahakairo (carving)			
Waiata (singing/songwriting)			
Write a letter to yourself or someone else			
Focus on your senses, e.g. touch a tree, feel the grass etc.			
Surfing			
Collecting kaimoana			

*we can give you more information on these strategies