



Body & Senses

- Step outside and notice the air on your face.
- Stretch tall, then roll your shoulders slowly.
- Smell your favourite lotion, candle, or perfume.
- Wrap up in a blanket and notice the warmth.
- Have a warm or cool drink and notice the taste.
- Put your hands under warm water and notice the sensation.
- Run cool water over your wrists.
- Rub your hands together quickly and feel the heat.
- Put your bare feet on the floor and notice the texture.
- Close your eyes and take three slow breaths.

Mood & Energy

- Listen to one upbeat song.
- Watch a funny clip or short video.
- Play a childhood favourite song.
- Dance or move to music for 30 seconds.
- Hum or sing a song out loud.
- Do 10 star jumps or stretches.
- Play a soundscape (rain, waves, birdsong).
- Clap or tap out a rhythm on your legs.
- Bounce a ball or toss something soft in the air.
- Smile at yourself in the mirror for 10 seconds.

Expression & Calm

- Doodle or scribble for 2 minutes.
- Write one sentence about how you feel.
- Take a photo of something that catches your eye.
- Colour in a pattern or mandala.
- Write down three things you can see around you.
- Draw a simple shape and shade it in.
- Make a quick list of five things you like.
- Write one word that describes your mood and decorate it.
- Stack coins or objects and notice your focus.
- Tear a piece of paper slowly and listen to the sound.

Connection

- Send a "hi" text to a friend or family member.
- Share a picture of something around you.
- Ask someone in your house a random question.
- Give someone a small compliment.
- Phone or message a family member.
- Say good morning or good night to someone.
- Wave or smile at someone from the window.
- Comment on a friend's post or picture.
- Thank someone for something small.
- Write a quick post it note for someone at home put it somewhere.



A PEACEFUL PATH

HYPNOTHERAPY & RELAXATION

Change of Scene

- Sit in a different chair or room.
- Open a window and notice the sounds outside.
- Move an item in your room to a new place.
- Step into the garden or onto the doorstep.
- Change the lighting in your room (lamps, curtains).
- Lie down on the floor instead of the bed or chair.
- Tidy one small corner of a surface.
- Rearrange a cushion, blanket, or pillow.
- Stand up and stretch in a doorway.
- Turn your chair or bed to face a different direction.