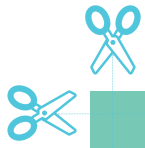


**Instructions:**

1. Set printing to **flip on long edge**
2. Print at 100% (do not scale)
3. Cut along dotted lines



.....  
**Comfort  
yourself with  
your 5 senses**  
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Tolerating discomfort means being able to comfort and reassure yourself to get through a bad situation.



By focusing on your 5 senses, you offer comfort to yourself in ways that remind you of times you have felt reassured or safe.



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**Tolerating a  
bad situation  
with  
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Tolerating discomfort means using distraction to get through a crisis without making a bad situation worse.



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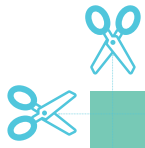
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**Tolerating with distraction**  
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**Distract with thoughts:** fill your mind with other things so there is no room for what is distressing you.



**Distract with emotions:** focus on uplifting or inspiring or funny things to shift your distress.



**Distract with body signals:** Move your body slowly (stretch or squeeze and release your muscles) or really fast (rock, fidget, or bounce).



**Distract with support:** Get support from your friends, worker or family.



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.....  
**Comfort yourself with your 5 senses**  
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**Sight:** Focus on looking at a calming and soothing scene.



**Hearing:** Listen to music or sounds that are reassuring, uplifting and supporting.



**Smell:** Breathe in your favourite smells that remind you of safety and love.



**Taste:** Have your favourite meal or treat, and eat it slowly.



**Touch:** Feel something soft or smooth. Have a warm drink. Wrap yourself in a soft blanket.



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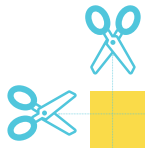
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**Five self-care habits**  
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Good self-care habits help us manage strong feelings.



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**Interrupt rumination with 5-4-3-2-1**  
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Use grounding skills to interrupt rumination.



5-4-3-2-1 is a grounding technique that stops rumination by training your mind to return to the present moment.



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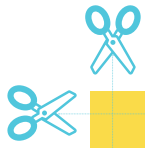
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Stop rumination  
with 5-4-3-2-1  
.....

- 5 Things I can see right now.
- 4 Things I can hear right now.
- 3 Things I can feel right now.
- 2 Things I can smell or taste right now.
- 1 Take one slow, deep grounding breath in through the nose and out through the mouth.
- Repeat 5-4-3-2-1 if you are still ruminating.



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.....  
Five self-care  
habits  
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- 1 Connect with others.
- 2 Exercise regularly and sleep well.
- 3 Be mindful.
- 4 Eat well.
- 5 Be kind to yourself and others.



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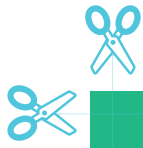
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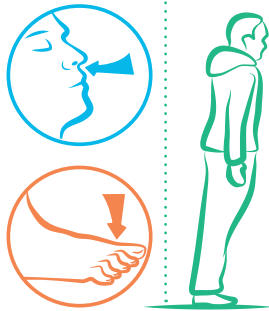
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**Mindful  
Lean**  
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Doing a mindful lean helps us check in with the present moment, a couple of times a day.

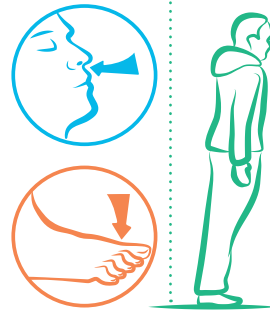


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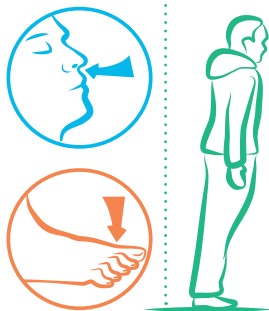


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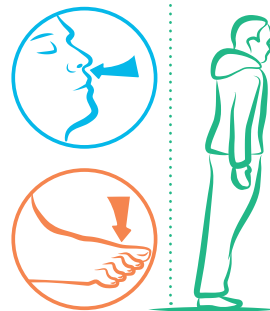


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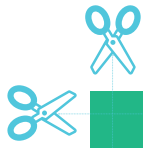
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**Tips for the  
mindful lean:**

1. Try to get in the habit of leaning when waiting.
2. Lean at least 3 times a day.
3. Wiggle your toes to remind you to check in.



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