

Stage 3 & 4



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Which would you choose and why?

I feel happy
I could... 😊

- A. Do something to help another person
- B. Say to myself – I am grateful for this moment
- C. Smile
- D. A different option



Which would you choose and why?

I feel sad
I could... 😞

- A. Take a few belly breaths – imagine your breath slowly going in through your nose and right down to your belly and back out again
- B. Organise to go for a walk with a friend
- C. Do something I enjoy
- D. A different option



Which would you choose and why?

I feel angry
I could... 😡

- A. Take a few deep breaths
- B. Listen to music
- C. Take a break
- D. A different option



Which would you choose and why?

I feel surprised
I could... 😮

- A. Squeeze and relax – start with your fingers and toes, hands and feet, arms, legs, shoulders
- B. Ask a question
- C. Take a few deep breaths
- D. A different option

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Which would you choose and why?

I feel nervous
I could...



- A. Do some drawing or colouring in
- B. Ask advice from someone I trust
- C. Give it a try if I can
- D. A different option



Which would you choose and why?

I feel calm
I could...



- A. Take a break and visualise/ think about a place you love to be
- B. Say to myself – I am grateful for this moment
- C. Do something nice for someone else
- D. A different option



Which would you choose and why?

I feel proud
I could...



- A. Do something I enjoy
- B. Say to myself – I am grateful for this moment
- C. Give yourself a hug
- D. A different option



Which would you choose and why?

I feel guilty
I could...



- A. Think through my options
- B. Tell myself that everyone makes mistakes and I can learn from this for next time
- C. Ask someone I trust for advice
- D. A different option

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Which would you choose and why?

I feel worried
I could...



- A. Stand with your feet hip width and arms out. Bend your knees and sweep your arms down, breathe the one feeling out and another feeling in. Slow down the movement to your breathing rhythm
- B. Ask someone I trust for help
- C. Take a break and visualize/ think about a place you love to be
- D. A different option



Which would you choose and why?

I feel jealous
I could...



- A. Stand with your feet hip width and arms out. Bend your knees and sweep your arms down, breathe the one feeling out and another feeling in. Slow down the movement to your breathing rhythm
- B. Have a drink of water
- C. Find a fidget toy or soft stress ball to squeeze
- D. A different option



Which would you choose and why?

I feel frustrated
I could...



- A. Squeeze and relax – start with your fingers and toes, hands and feet, arms, legs, shoulders
- B. Listen to all the sounds in your environment – the room, or place you are. Focus on one sound for a few seconds then move on to another sound
- C. Organise to go for a walk with a friend
- D. A different option



Which would you choose and why?

I feel embarrassed
I could...



- A. Stand still for 5 slow breaths in and out
- B. Stretch up your arms straight up and interlace your fingers. Rise up on your toes and stretch up, now stand back on your feet and bring your hands down to the top of your head. Slow down the movement to your breathing rhythm
- C. Think of ways to do things differently next time
- D. A different option