

Stage 1 & 2



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OCTOBER

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Which would you choose and why?

I feel happy
I could...



- A. Dance around
- 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 deep breaths
- B. Talk to someone
- C. Take a break and visualise/ think about a place you love to be
- D. A different option



Which would you choose and why?

I feel angry
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. Concentrate on one thing I can see, hear, smell, taste, touch
- C. Go for a walk
- D. A different option



Which would you choose and why?

I feel surprised
I could...



- A. Give yourself a hug
- B. Stretch your body, wiggle and tense up your toes and fingers
- 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. Look around the room or place you are in – what can you see, what colours, smells, sounds
- 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. Jump up and down quietly on the spot.
- 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. Be kind to myself – everyone makes mistakes
- 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.** Spend time with my pet
- C.** Find a fidget toy or soft stress ball to squeeze
- 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.** Stretch your body, wiggle and tense up your toes and fingers
- 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.** Take a break
- 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.** Focus on one thing you can see, hear, touch, smell, taste
- D.** A different option