

## Smart Breathing

Click Smart Breathing Icon



4:4 (SB1)

Guided Visual 

4:8 - Tactical breath (SB1)

Guided Visual 

4:4:4:4 - Box breathing (SB2)

Guided Visual 

6:2 - Energised breathing (SB3)

Guided Visual 

4:7:8 (SB4)

Guided Visual 



Remember there are free breathing apps – iBreathe, by Lukasz Gryl (IOS) and Paced Breathing (Android)

## Flexible Emojis

Click Flexible Emojis Icon



Labelling and observing emotions (FE1)

Helpful strategies for managing emotions (FE2)

View stress and anxiety differently (FE2)

Real or virtual nature exposure (FE3)

Music playlist (FE4)

Use humour (FE5)

## Max the Good Stuff

Click Max the Good Stuff Icon



Focus on the good stuff (MGS1)

Savour everyday moments (MGS2)

Max out the good stuff (MGS3)

Gratitude video (MGS3)

## Zoning In

Click Zoning In Icon



Get centred with your senses (Z11)

Guided Visual 

Body scan (Z13)


Guided Visual 

Progressive muscle relaxation (Z14)

Guided Visual 

Catch and refocus (Z15)

Advanced body scanning (Z16)

Guided Visual 

## Self-Coach

Click Self Coach Icon



Identify/rephrase negative self-talk statements (SC1, SC4)

Identify unhelpful thinking patterns (SC2)

Challenge the self-critic (SC2)

Fire up versus giving up (SC3)

Self-coach guide (SC5)

Be good to yourself (SC6)

Believable affirmations (SC7)

## 7D Imagery

Click 7D Imagery Icon



Imagery is powerful (7D11)

Ideal Response (7D12)

Clear imagery (7D13)

Chill Zone (7D14)

The ideal performance (7D15 & 7D16)