

Smart Breathing

Click Smart Breathing Icon



4:4
(SB1)

4:8 - Tactical breath
(SB1)

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

6:2 - Energised breathing
(SB3)

4:7:8
(SB4)



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

Guided Visual 

Guided Visual 

Guided Visual 

Guided Visual 

Guided Visual 

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)

Flexible Emojis

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)

Smart Breathing

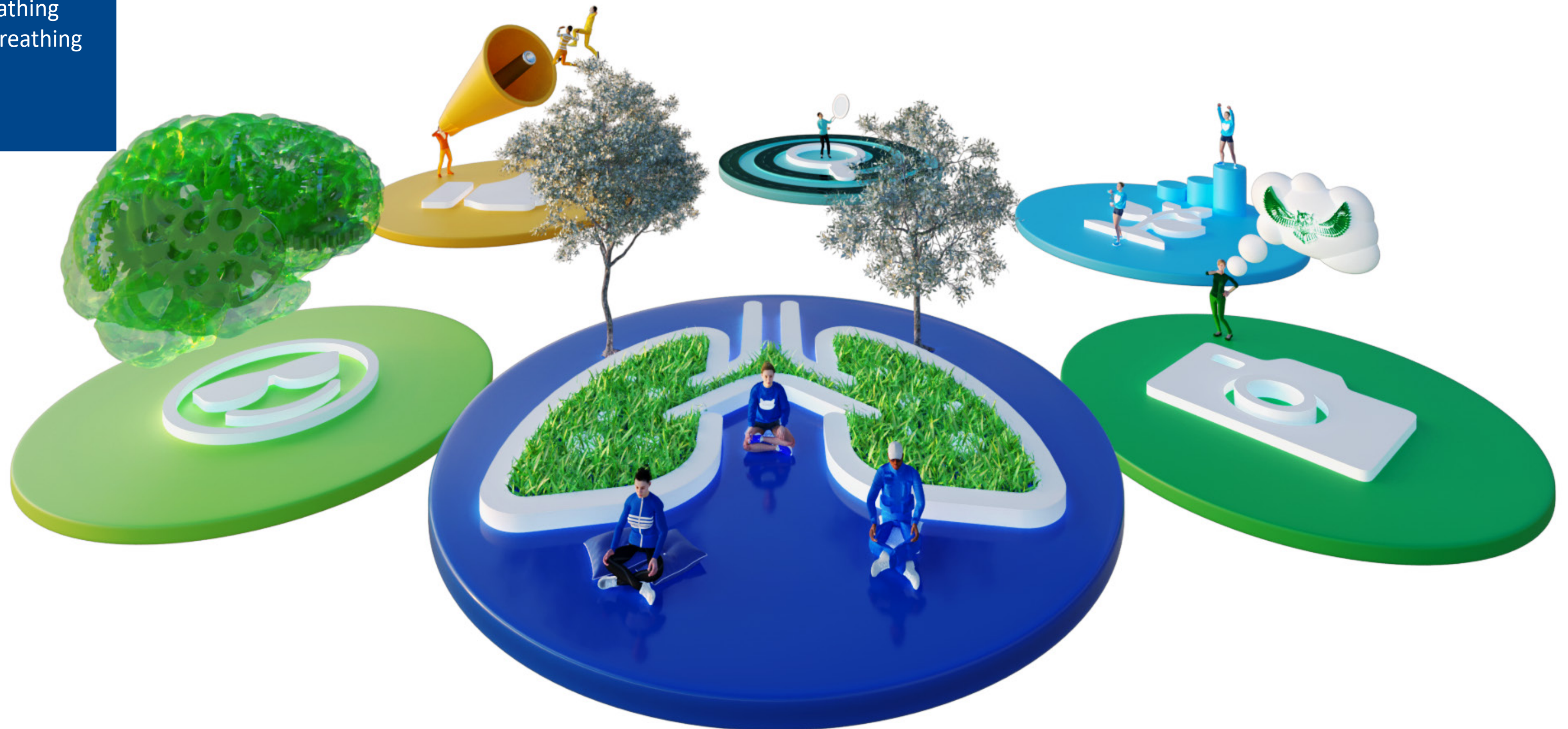
4:4

4:8 - Tactical breath

4:4:4:4 - Box breathing

6:2 - Energised Breathing

4:7:8



Flexible Emojis

Labelling and observing emotions
Helpful strategies for managing emotions
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Max the Good Stuff

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Gratitude video



Zoning In

Get centred with your senses

Body scan

Progressive muscle relaxation

Catch and refocus

Advanced body scanning



Self-Coach

Identify/rephrase negative self-talk statements
Identify unhelpful thinking patterns
Challenge the self-critic
Fire up versus giving up
Self-coach guide
Be good to yourself
Believable affirmations



7D Imagery

Imagery is powerful
Ideal Response
Clear imagery
Chill Zone
The ideal performance

