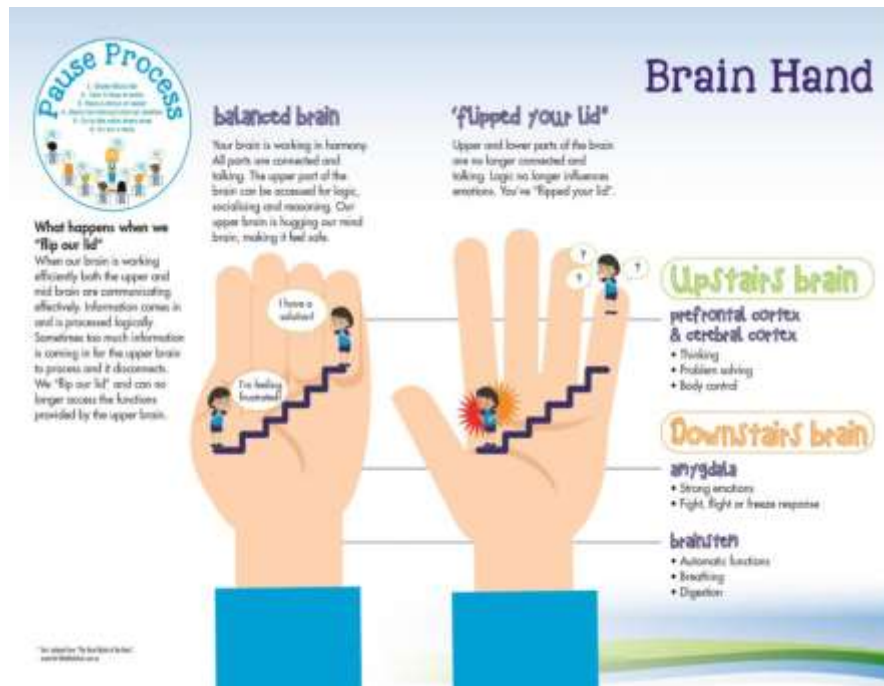




**Us Plus**

## **Mental Health and Wellbeing Bulletin 2**

*Welcome to this week's Us Plus Bulletin. This week's focus is looking at our brains and when we 'flip our lids'! The image below illustrates the balanced brain and the 'Flipped lid' brain!*



Here are some useful tips for what we can all do to help ourselves to become better at 'keeping the lid on':

- **Exercise.** Exercise does not have to be planned or extensive. Jump up and down on the spot. Do some quick yoga poses. Go for a walk or ride a bike if you are able.
- **Deep breathing:** Breathe in slowly and deeply from your tummy, and breathe out slowly, imagining all your worry and anxiety leaving your body as you exhale. Sometimes counting while breathing in and out can further calm your mind.
- **Imagine a comfortable, calm and safe place.** Imagine yourself in a safe and comfortable place. Feel the safety of it. Put yourself there and try to experience the sounds and sensations of the place.
- **Counting Awareness.** Look outside and count the things you see. You can count the trees, the stop signs, the bushes, even the cars on the road.
- **Laugh and talk with a friend.**

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling.

You can do this by emailing us at

[tis@penrice.org.uk](mailto:tis@penrice.org.uk)

