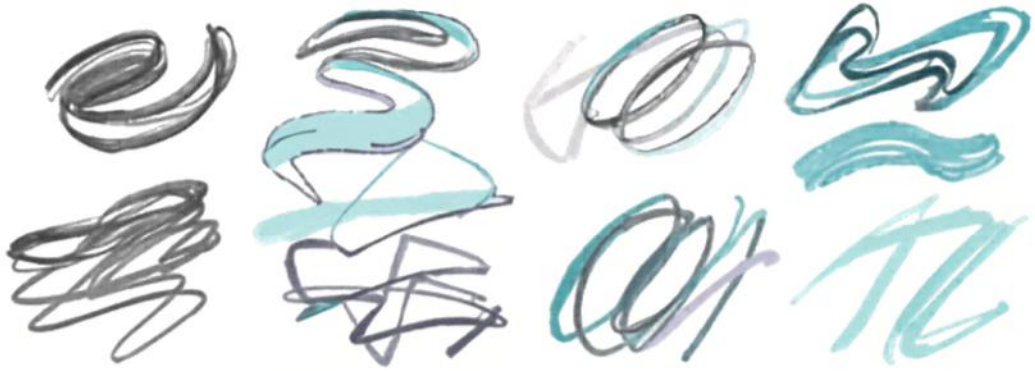


Sitting with Stress



Try this when

you need to release tension

You will need

Paper, markers, timer

10 minutes

Choose a colour that represents your stress. How do you experience it? Is it making your heart beat fast? Or is it a slow and pressured sensation? Set a timer for 1 minute and move your marker across the page, following a rhythm that feels right. When the timer stops, breathe deeply for another minute. Repeat this until you feel calmer.

Self-reflection

Was your movement slow or fast? Could this be an expression of how you react in times of stress? Do you become agitated, or do you freeze?