

WELLBEING MENU

Starters

Takes 2-5 Minutes

BOX BREATHING

Calming technique with four equal steps: inhale, hold, exhale, and hold, each for a count of four.

1-2-3-4-5 GROUNDING

Identify 5 things you see, 4 things you feel, 3 things you hear, 2 you smell and 1 you taste.

HUG A PET

Releases oxytocin (the bonding hormone) for both yourself and the pet soothing you neurochemically.

Sides

Alongside other items on the menu

STRETCH

To relieve stress and tension and increase awareness of the body.

HAVE A WARM DRINK

Soothes the senses, provides comfort, and releases feel-good neurochemicals.

LISTEN TO A FAVOURITE SONG

Increase your dopamine levels and decrease stress chemicals.

Mains

Take up to 40-90 minutes

SPEAK TO A LOVED ONE

Connecting, being listened to and empathised with can help to bring down levels of toxic stress.

GO FOR A WALK IN NATURE

Triggering oxytocin and decreasing cortisol levels.

READ A BOOK

Can help focus and engage the brain, activate dopamine and sooth, to bring down cortisol.

WATCH A COMFORTING FILM

A go-to comfort film can bring about feelings of safety, nostalgia and the experience can be shared with others in a contained way.

Dessert

Best in moderation

PLAY A GAME

Either with others i.e. two truths, one lie or on own, it can increase feel-good chemicals.

TAKE A SHORT NAP

To help restore energy levels and take some time to yourself.

Taken from (and adapted slightly) Trauma Informed Schools Wales.

**TRAUMA
INFORMED
SCHOOLS** 


Gloucestershire
Healthy
Living and Learning