

# 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.

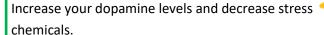


### HAVE A WARM DRINK

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



### LISTEN TO A FAVOURITE SONG



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.





