

Mental Health Help, Now

T TEMPERATURE - Its normal to feel hot when you are angry or upset. Change your body temperature by splashing cold water on your face, holding a piece of ice or putting an icepack on your forehead.

I INTENSE EXERCISE - Increase blood and oxygen flow and alter your brain chemistry by engaging in a quick burst of intense exercise. Sprint to the end of the street and back, run around the block, grab a rope and skip for 1 minute straight. It takes concentration to use this much energy too!

P PACED BREATHING- change your breathing rate and your emotion regulation system will follow suite. Take a DEEP breath in and an even longer breath out. E.g. breath in for 5 seconds, hold for 4, and breath out for 6 seconds.

P PAIRED MUSCLE RELAXATION - Alternate between squeezing and relaxing your muscles. Focus on o group of muscles like the muscles in your arms or legs. By clenching your muscles and then relaxing them your muscles will start to relax more and more each time. Relaxed muscles require less oxygen allowing your heart rate and breathing to slow down.

Visit www.sa.gov.au for emergency crisis helplines

If life is at risk phone 000 - police, fire, ambulance
