ALLARD SCHOOL OF LAW

AVAILABLE SUPPORT ITEMS

The Student Wellbeing Program
Brain squishy stress reliever
Coping cards:

**Progressive Muscle Relaxation**
- Shoulders: Push your shoulders back and down. Tighten the muscles. Hold. Feel the tension, and then release. Let your shoulders return to their usual position. Feel the relaxation. Repeat as needed.
- Toes: Push your toes into the ground. Hold. Feel the tension, and then release. Wiggle your toes. Feel the relaxation. Repeat as needed.

**Mindfulness**
- Pay attention to the moment, open up your senses, and in your mind say:
  - "In this moment I can see..."
  - "In this moment I can hear..."
  - "In this moment I can feel..."

**Breathing**
- Deep breathing: Breathe in through your nose. Breathe out through your mouth. Push the air down deep into your tummy. Focus on moving your tummy and keeping your chest still. Focus on the sound and feel of your breathing: In through your nose, push the air deep into your tummy, then breathe out through your mouth. In and out, in and out. Repeat as needed.

**Thought Stopping**
- Say the word "STOP" loudly in your mind. You can combine this with a small pinch/lick at the same time.
- Breathe in deeply through your nose, push the air down deep into your tummy. Breathe out through your mouth.
- Visualize yourself gathering up the negative thoughts (and emotions) and blowing them out with your breath. Say to yourself "blow it away" or "let it go."
- Say an affirmation (a repeated phrase) loudly in your mind. I know that I can... I can... I can...
Canadian Mental Health
Take Time for Tea Cards
Heated blanket
Chocolate