



GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

Guide to health

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

Project code:

2023-2-HU01-KA220-SCH-000181724

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Learning to deal with the stresses of today's modern world is a vital life skill.

Exams, work pressure, social media influences, the constant demands to be more, do more, get more – it's no wonder we can sometimes feel overwhelmed.

Today:

We will try to share together creative ways to stay cool when times are tough.

We will encourage each other to use breathing and meditation exercises.

We will learn to handle strong emotions with simple techniques.



How do you feel today?

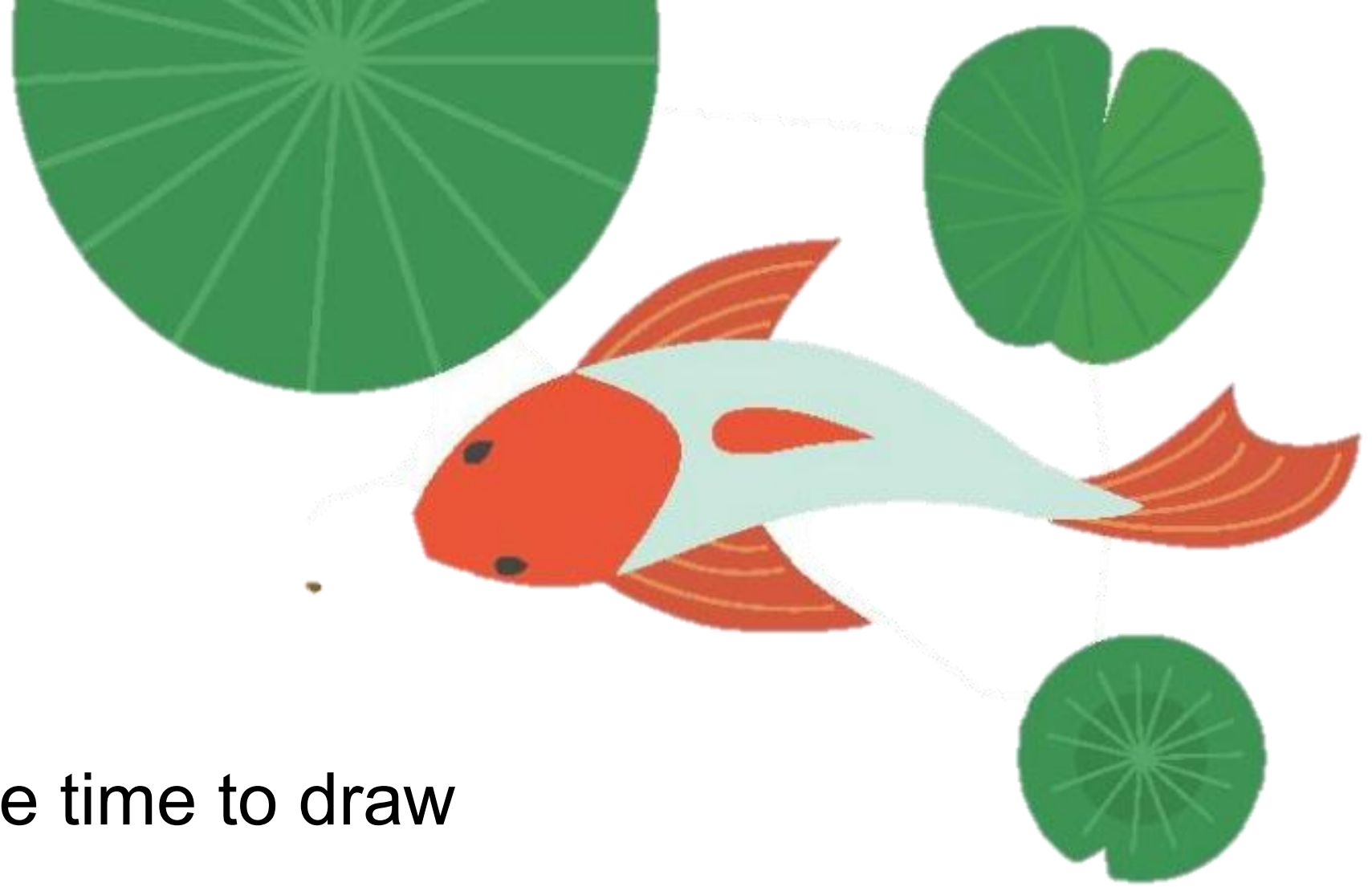
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BE THE POND





Now take some time to draw
your pond
or write down some thoughts.

And what if you do not feel creative?

MAKE A LIST

You will be surprised by how much character can be revealed in a list, or how easily lists can be turned into mini-poems or short stories.

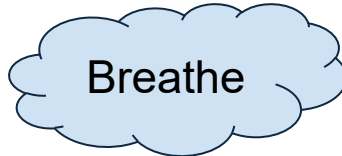
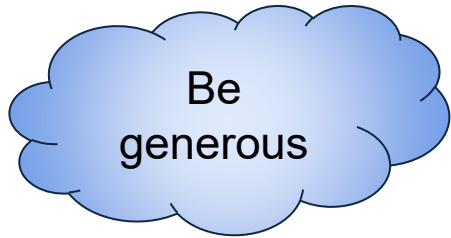
FIRST LINES

Once upon a time...

It's a cliché'... but it helps free your inner princess or prince, witch, fairy, frog...or start a story from "The dragon came on a Sunday and refused to leave".

SIX WAYS TO KEEP CALM

Different people have different methods of calming down when they're stressed. Here are some techniques you could try. Which one works for you?



Belly breath

AWARENESS MEDITATION

Find a quiet place where you won't be disturbed for at least 10 minutes. Sit comfortably on the floor.

Place your palms on your lower belly, resting them there loosely without tension. Now close your eyes and breathe deeply and slowly, in through your nose and out through your mouth.

Feel your belly move up and down as you breathe in and out.

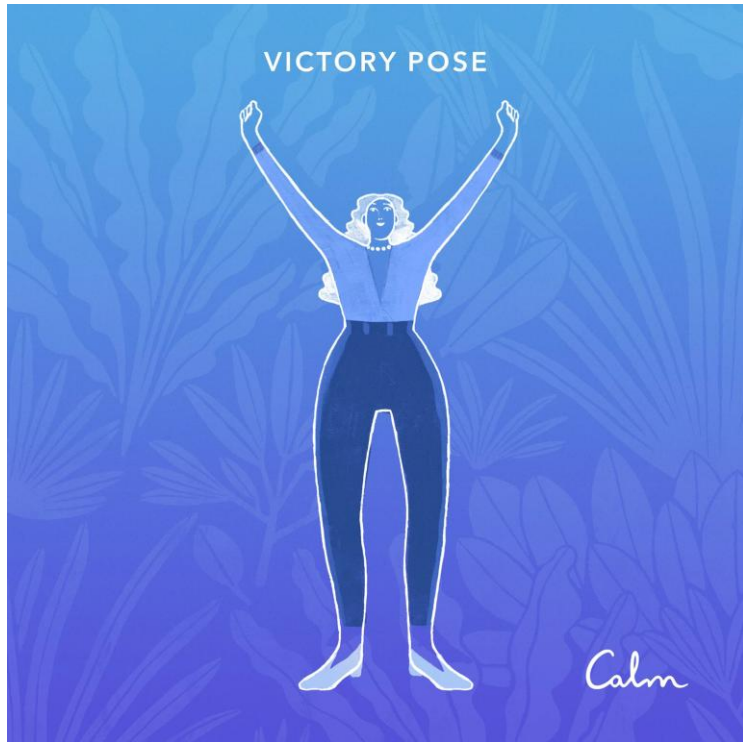
Focus just on that for a while and, very soon, the chatter in your mind should ease (it takes a lot of practice for it to get even close to stopping altogether).

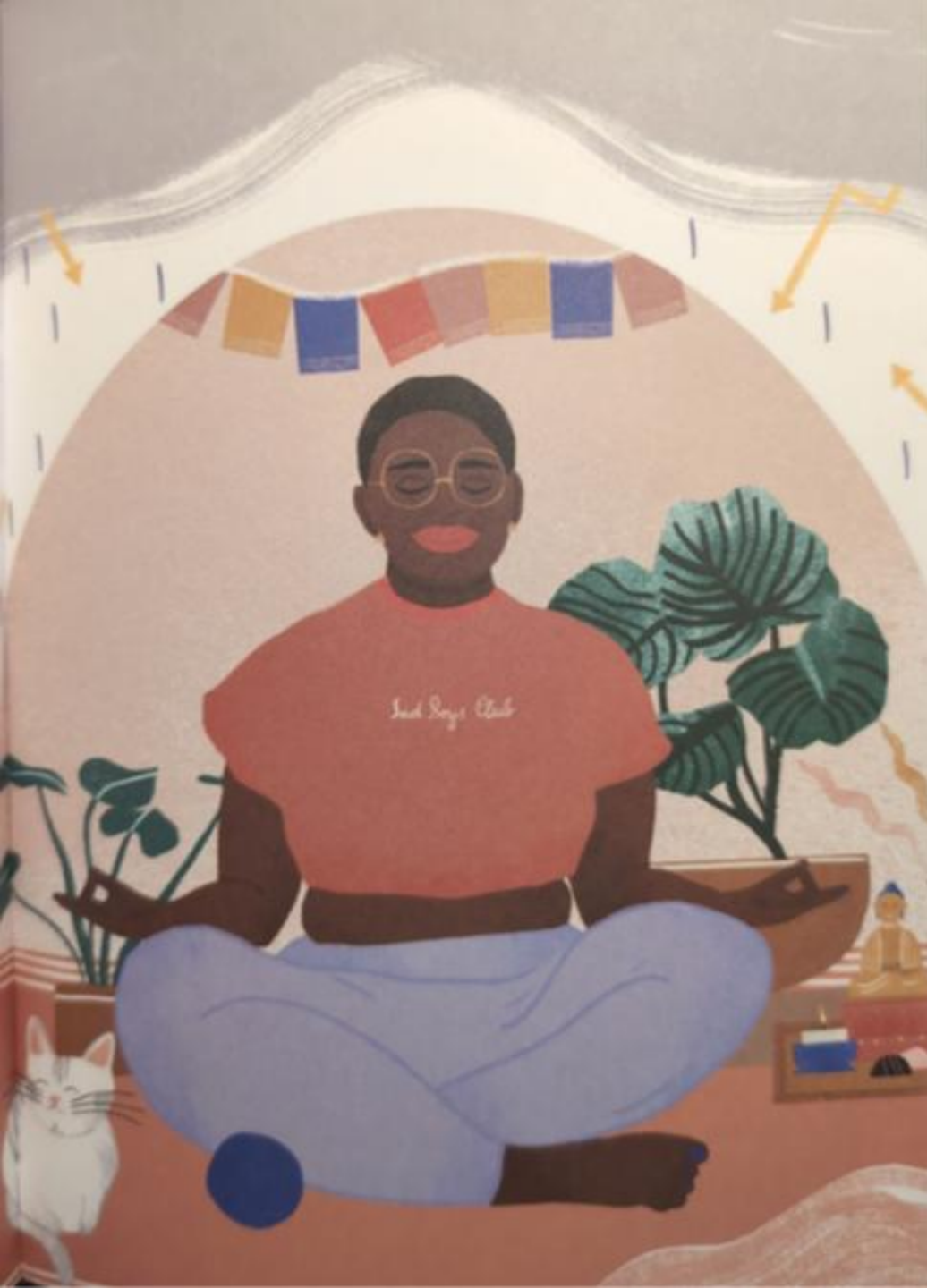
Once the volume of your thoughts has been turned down, focus your awareness on other sensations. Pay attention to each part of your body in turn – feel the pressure of the floor, the touch of your clothes against your skin, and the sound of your breath as you gently inhale and exhale. Relax your shoulders, then your arms, then your hands. Feel the rise and fall of your belly.

When the time is right, slowly and calmly open your eyes. You're ready to go on with your day.



The power poses: believe that you matter





SUNSHINE BREATH

Yogic breathing exercises have the power to energise both body and mind. Here we take a closer look at the *chin mudra*...

If you take a moment to notice your breathing as you go through your day, you'll see it can make a difference to how you feel. Stop every now and then, think about your breath and practise inhaling more deeply, all the way down to your stomach, especially at times when you're feeling worried. Do you feel calmer, more relaxed? This exercise is perfect for connecting your thoughts and your breath.

Sit in a comfortable seated position on the floor with your hands gently resting on your knees, palms facing upwards, or in a mudra position, where the first finger and thumb are touching. This is called *chin mudra*.

In yogic science, each part of the hand connects to a certain area of the brain. When you apply pressure to the fingers and hands, those brain areas are energised. The *chin mudra* activates wisdom and knowledge.

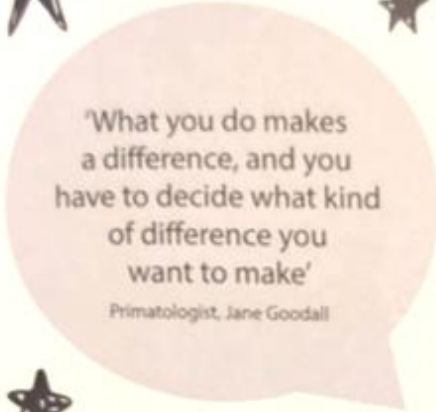
Breathing gently, take a moment to allow your body and mind to settle. Then slowly close your eyes and imagine a big, bright, shiny, hot sun.

Now to begin the breathing exercise:

1. Take a deep breath in, all the way down to your stomach, for a count of three. As you are breathing in, picture a big, bright, shiny hot sun. Hold this image in your mind's eye for a count of two or four, whichever feels most comfortable.
2. Then gently breathe out for a count of six and as you breathe out imagine you are that big, bright sun, radiating light out into the world.

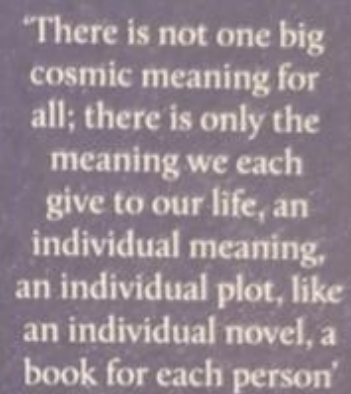
Repeat this breathing exercise for three to five minutes and observe how your body feels. You may feel warm, energised, light and glowing afterwards.

Younger children should be supervised.



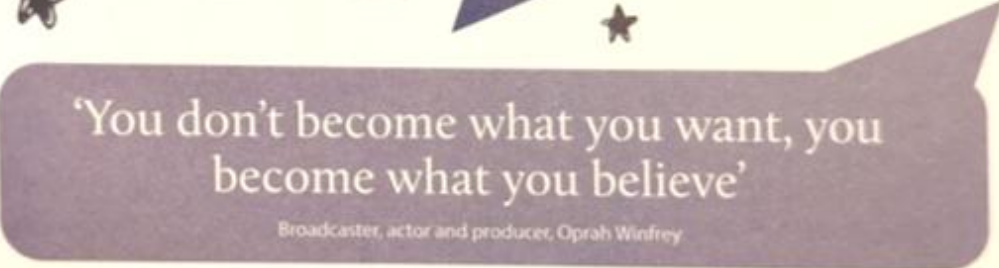
'What you do makes a difference, and you have to decide what kind of difference you want to make'

Primatologist, Jane Goodall




'There is not one big cosmic meaning for all; there is only the meaning we each give to our life, an individual meaning, an individual plot, like an individual novel, a book for each person'

Diarist and novelist, Anais Nin




'You don't become what you want, you become what you believe'

Broadcaster, actor and producer, Oprah Winfrey



'Life is a fairy tale. Live it with wonder and amazement'

Author, Welwyn Wilton Katz



'We do not need magic to change the world, we carry all the power we need inside ourselves already; we have the power to imagine better'

Author, JK Rowling

How calm do you
FEEL?



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