

- Did this change my level of tension or calm?

Exercise 2: Triangle / Extended Exhale Breathing

After practising, reflect:

- Did this feel effortful or gentle?

- What effect did this have on my body or mind?

Exercise 3: Progressive Muscle Relaxation (PMR)

After practising, reflect:

- Where did I notice the most tension?

- How did my body feel after releasing the muscles?

Part 3: Mindfulness Exercises Practice

Exercise 4: Leaves on a Stream

After practising, reflect:

- Was I able to notice thoughts without engaging them?

- How did this affect my mental clarity or stress?

Exercise 5: Happy Place / Safe Place

After practising, reflect:

- Did this create a sense of ease or safety in my body?

- What details made this place feel calming?

Exercise 6: 5-4-3-2-1 Grounding

After practising, reflect:

- Did this bring me more into the present moment?

- Where did I notice the biggest shift — body or mind?

Part 4: Choosing What Works for You

Not every exercise will feel helpful every time.

Reflect below:

- Which exercise felt most supportive today?

- Which exercise might be useful during stress or overwhelm?

- Which exercise might support focus or clarity during the day?

Part 5: Bringing These Tools Into Daily Life

Answer the following:

- When during my day could I realistically practise one of these exercises?
(e.g. before sleep, during breaks, after stress)

Closing Note

These exercises are not about fixing or forcing calm.
They are about creating moments of awareness and support.

Each time you practise — even briefly — you strengthen your ability to regulate, refocus, and respond more gently to yourself.

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)