



Welcome from Kerry Ellis

– Counsellor and Hypnotherapist –

Take some time just for you. Whilst your colouring in the mandala listen to some music and relax into the present. Colouring mandala's calm your soul and mind. Allowing creativity to flow.

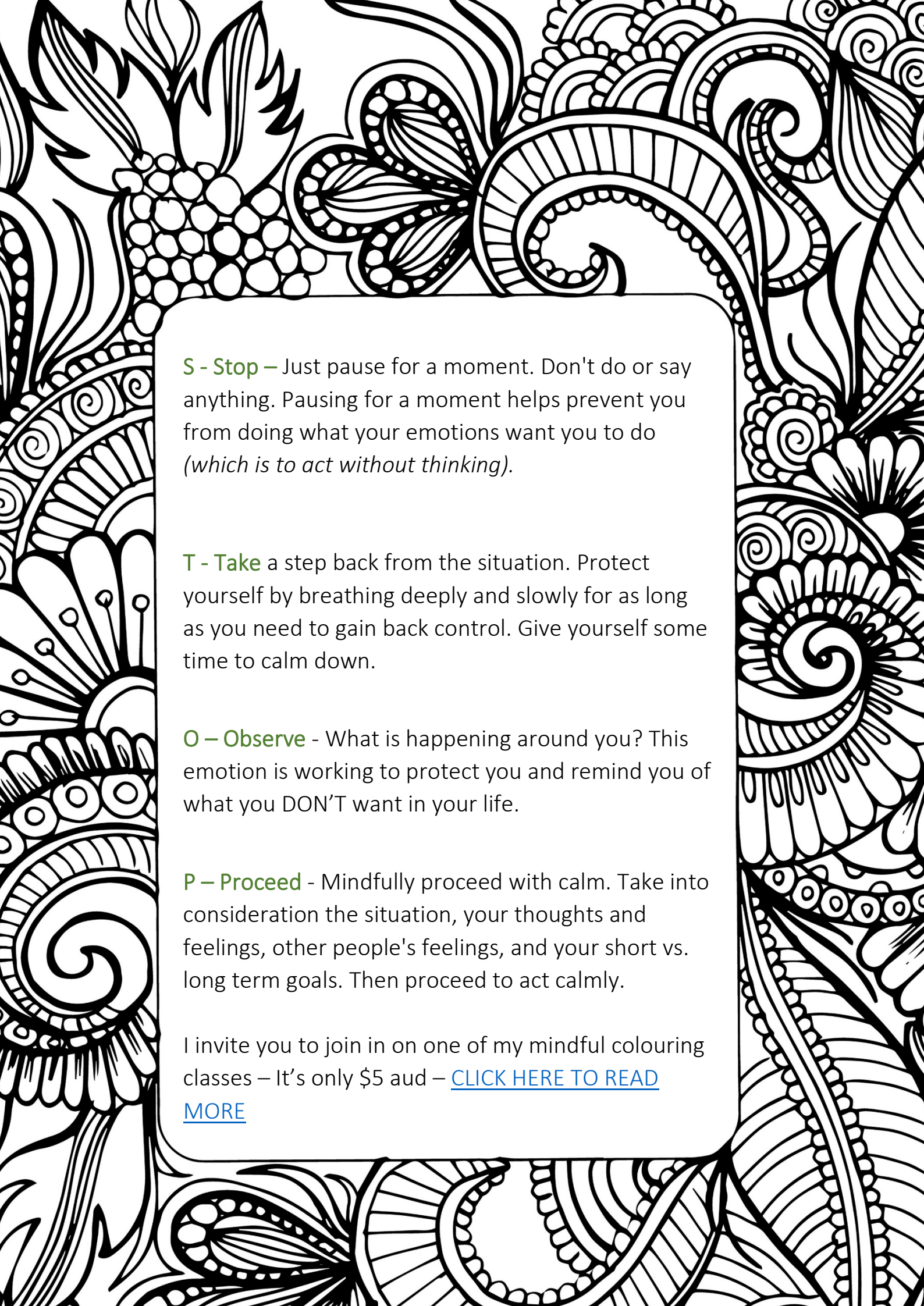
The first step to managing your anxiety is to strip away its ownership.

Rather than using the phrase "*My Anxiety*" change it up to "**THE Anxiety**".

By doing this we are relinquishing ownership. This tells our mind that we no longer want to own this and wish to start the process of letting it go.

The second step is to **S.T.O.P.**

This skill is helpful in difficult situations where our emotions may cause us to want to act impulsively or in an unhealthy way. By using this skill, it can help us to become more in control of our emotions.



**S - Stop** – Just pause for a moment. Don't do or say anything. Pausing for a moment helps prevent you from doing what your emotions want you to do (*which is to act without thinking*).

**T - Take** a step back from the situation. Protect yourself by breathing deeply and slowly for as long as you need to gain back control. Give yourself some time to calm down.

**O – Observe** - What is happening around you? This emotion is working to protect you and remind you of what you DON'T want in your life.

**P – Proceed** - Mindfully proceed with calm. Take into consideration the situation, your thoughts and feelings, other people's feelings, and your short vs. long term goals. Then proceed to act calmly.

I invite you to join in on one of my mindful colouring classes – It's only \$5 aud – [CLICK HERE TO READ MORE](#)