



Asking myself: Which part of my brain is reacting in this moment? Is it my **CHIMP** (the side is that trying to get away from something scary at all costs), the **COMPUTER** (the side that is reacting because of what has worked before, even though it might not be the best now) or my **HUMAN** (the side of me that is thinking about this reasonably).

TOOLS THAT HELP PULL ME OUT OF MY CHIMP AND COMPUTER

- **Colour Counting** - How many red things can I see around me? How many blue, or yellow? Keep picking a new colour to try and distract yourself from the worrying thoughts.
- **Take 5** - Use your senses to distract yourself and be able to think with the HUMAN part of the brain. Follow the exercises below:
 - What are 5 things I can see?
 - What are 4 things I can hear?
 - What are 3 things I can feel?
 - What are 2 things I can smell?
 - What is 1 thing I can taste?
- **Box Breathing** - Trace the sides of a box on your leg or a surface in front of you. Along the top of the box, count to 4 and take a breath in, along one side, count to 4, holding that breath; along the bottom, count to 4 and take a breath out, along the final side, hold the breath for a count of 4. When you get to the beginning of the square, begin again.

- **Stomp Stomp Blow** - Stomp one foot then the other, and blow out a big deep breath (think of this like the Queen song "We Will Rock You"!)!
- **Think Through a Scene** - Think about a scene from one of the shows you've been in, think through the scene in your mind, saying the lines in your head and imagining yourself on the stage. If there's a song, sing through it in your mind.
- **Body Scan** - Start from your toes, bring all your attention to the tips of them and relax all the muscles. Slowly move up your body, bringing your attention to the different parts & relaxing them as you go.

ANY TIME YOU GET DISTRACTED DOING ANY OF THE ABOVE EXERCISES, **DON'T BEAT YOURSELF UP! JUST NOTICE YOU'VE GOTTEN DISTRACTED AND PICK UP WHERE YOU LEFT OFF!**

WHAT ARE THE THINGS THAT HELP ME THAT OTHER PEOPLE CAN DO?	WHAT ARE THE THINGS THAT DON'T HELP THAT OTHER PEOPLE CAN DO?