

Mindfulness colouring

Journeys was created by Professor Helen Milroy, Co-Director of Embrace at The Kids Research Institute Australia.

This artwork is about the many twists and turns we take as we navigate the landscape of life. We never know what is around the next bend and sometimes feel like we are going backwards, or life is repeating itself. Yet we always find our way through, continuing into the future to celebrate and enjoy the abundance life has to offer.

Helen's removed some of the colour from her artwork above. Why don't you have a go at recreating the art, or even try adding your own touches?

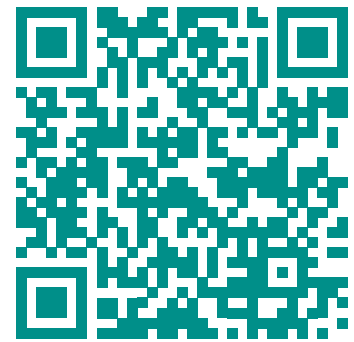
Y H C R A E S E R
 T D K O E V I S U L C N I
 O H I B O U Y J Q G T R X A O
 C W E S S Y J T T A J H F A K O Q
 Z O M K S G B W Z H Z S D S A G F R D
 E N L I O E G K I C K M M X C L
 T T N W D C N X R Q E Z I O J U
 O E E W S I I S S P X J M L G U P
 S Z C T W A N L Z A A I M X J I P B
 F I T B O T Y A T X F U P M X D E O
 M F I U G I F R Z E V Z Q E N Q E A V T H S
 C G O T G O I K L H N I E I V N R V N K T N
 O W N T N G L B V V E T C T F X N C S H
 G F V E V I L H B H Y H A A V E R Y W I F
 N N W Q N G E X D D T L M I R U Z B E
 T I G V Z Z B O W H G B H Y B J M I
 D Z N M N A J Y L E G M E R F M F T Y
 R B R K H W A L B K J S N W E G
 O A A H L I C E O R S E M
 O Q Y T P Q W W W V V C
 D H P T Z V G H R V T H
 W J N T T Y J

WORD SEARCH

- Embrace
- Research
- Community
- Mental health
- Wellbeing
- Healing
- Youth
- Families
- Connection
- Dissociation
- Yarning
- Inclusive
- The Kids
- Safe

HELP GUIDE OUR RESEARCH

Scan the QR code if you are interested in signing up to the **Embrace Community Group**.



On joining, you will have access to regular newsletters featuring updates and opportunities to shape our work, participate in our research and attend our events.

In coming months, we will be recruiting for a new Reference Group through the Embrace Community Group.

Coping Strategies

We all have different coping strategies.

Below is a list of helpful coping techniques. Have a look at this list and check the ones that you use now and highlight the ones that you think might help you in the future.

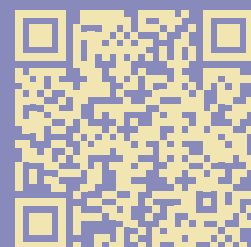
- Read a good book or magazine
- Make a collage or scrapbook
- Remember ALL of my feelings are OK
- Say something kind to myself
- Look at photographs
- Remind myself I can do hard things
- Go outside - on a walk, run, or hike*
- Smile (it tricks our brain into feeling happier)
- Practice breathing exercises
- Listen to music
- Take slow, focused breaths
- Observe clouds & breathe
- Kick, bounce or throw a ball*
- Sing and/or dance*
- Build something*
- Watch funny videos
- Ask for help
- Play with an animal
- Set a goal & list 2 steps to get there
- Monitor my thoughts
- Do something kind
- Talk about my feelings with someone I trust
- Journal
- Draw, paint, or do something creative
- Cry (tears release stress hormones)
- Use a stress ball or fidget
- Exercise*
- Focus on what I see, hear & feel
- Call, text, or spend time with family/friends
- Stretch or do yoga*
- List 3 things I'm grateful for
- Write a letter
- Play a card or board game, or do a puzzle
- Visualise your favourite or a peaceful place
- Massage my neck & shoulders*
- Tense and relax muscles*
- Garden or do yard work*
- Try learn something new
- Get 8-11 hours of sleep
- Hug myself, someone else, or my pet

*Dependent on your physical capacity



GUIDED MEDITATION

Join Embrace Co-Director Professor Helen Milroy AM in this short video aimed at prioritising your wellbeing.



WAYS TO MANAGE STRESS

INSTANTLY



Breathing exercises



Watch funny things



My own: _____

SHORT TERM



Journal feelings



Seek nature



My own: _____

LONGER TERM



Healthy habits



Regular hobbies



My own: _____

WEEKLY SELF-CARE IDEAS



GET A GOOD SLEEP



STRETCH



HYDRATE



READ & RELAX



COOKING



PODCAST



SEEK NATURE



REFLECT

MY OWN: _____

Mindfulness is something that you can regularly practice to boost your wellbeing. These activities may be a good starting point for choosing your favourite self-care ideas.