



# SOME ACTIVITIES TO TRY WHEN OVERWHELMED

Everyone is different, some of us like to do calming activities, others may like to get active to help release emotions in a safe way. Work out what helps you get through those tough moments. Try to notice what you are doing, as you are doing it.

Give some of these ideas a go, appropriate to your location:

- Squeeze your hands together and release
- Put music on and dance it out
- Put music on and sing loudly or listen deeply to different aspects of the sounds
- Draw the emotions using whatever you have lying around or create a masterpiece
- Try some Dadirri – deep listening or do an exercise on iBobbly or Smiling Mind App
- Find a spot where you can look out – over the city, over the trees, over the ocean – see the expanse and breathe deeply
- Go for a walk, wheel, run, hobble outside
- Take three slow breaths, noticing the movement of your body as you breathe
- Go outside and listen to country
- Take off your shoes and feel country, breathe
- Throw a Frisbee around the park
- Grab some eggs from the kitchen and throw onto a solid surface
- Sit in the car or a safe place and scream or shout out emotion, then breathe slowly
- Ring, message or visit someone and have a yarn
- Cook a meal or bake some goodies
- Play a musical instrument
- Stretch
- Punch your pillow or scream into it
- Hold some ice and feel the coolness then it go and watch it melt
- Look into the stars in the sky, see the vastness – breathe and notice the coolness or warmth of the air
- Watch a movie, documentary or listen to music that is not your usual choice
- Go for a swim, or take a shower or bath or run some cool water over your feet or hands
- Notice all the beauty in nature, even if it may be a small garden or pot plant, notice the details, breathe
- Do some vigorous exercise
- Groom or care for your pets
- Think of your totem, what powerful traits do you share?



## WOLLOTUKA WELLBEING

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Artwork: Stronger Together (2021) Artist: Darleen Cooper

