

Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS



MENTAL HEALTH AWARENESS WEEK

ANXIETY

WWW.DOSEMAGAZINE.CO.UK/RESOURCES

This week is Mental Health Awareness week and this year the theme is Anxiety. We have created a mindful moments workbook with activities designed to calm the body and the mind by refocusing and quietening down our fleeting troublesome thoughts.

These activities help children stay in the present instead of worrying about the past or future. They allow us to manage symptoms of anxiety while improving behaviour and emotional regulation.



YOU CAN FIND ALL OF OUR FREE
RESOURCES AT;

WWW.DOSEMAGAZINE.CO.UK

HAPPY YOGA

We have created a seven-day step by step guide to mastering happy yoga. Each day follow the animal instructions and learn a new pose. Yoga boosts all four of your happy hormones, dopamine, oxytocin, serotonin, and endorphins.

Download your Happy Yoga guide here;

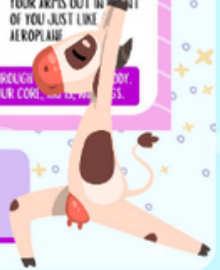
www.dosemagazine.co.uk

THE FLYING COW

- 1 GET READY TO ZOOM! STAND UP TALL WITH YOUR FEET TOGETHER
- 2 TAKE A DEEP BREATH IN, FOCUS AND STRETCH ONE LEG OUT BEHIND YOU
- 3 ONCE YOU ARE STEADY ON ONE LEG, TIP YOUR BODY FORWARD AND STRETCH YOUR ARMS OUT IN FRONT OF YOU JUST LIKE AN AIRPLANE
- 4 HOLD THE POSITION FOR A FEW SECONDS, REMEMBERING TO BREATHE
- 5 RETURN TO THE START POSITION AND REPEAT WITH THE OPPOSITE LEG

DOSE THIS TRICKY POSE HELPS A LOT OF BALANCE AND STABILITY THROUGHOUT YOUR BODY. THIS IS A GREAT POSE FOR USING ALL OF YOUR MUSCLES IN YOUR CORE.

DOWNLOAD NOW



MINDFUL BREATHING TECHNIQUES

Deep breathing is a miraculous healing exercise. It informs our body that we can relax by triggering the part of the nervous system that is responsible for this.



MY HAPPY PLACE

This activity empowers children to tap into happiness by exploring all the things that make them happy. This enables the development of self-awareness but also a set of strategies they can use when they feel unhappy or sad and want to change the way they feel.

