

ARE YOU STARTING TO FEEL WORRIED?

REMEMBER TO USE YOUR "FACE"

F

Focus on what is in your control

A

Acknowledge your thoughts and feelings

C

Come back into your body

E

Engage in what you are doing

BRADFORD AND CRAVEN
trailblazer **NHS**



TAKEN FROM "THE HAPPINESS TRAP" - RUSS HARRIS

LESLEY WILLIAMS-COLE - EDUCATION MENTAL HEALTH PRACTITIONER

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