

CALMING STRATEGIES FOR ADULTS

Big Life Journal



DO DEEP
BREATHING



NAME MY
FEELING



LISTEN TO
MUSIC



LISTEN TO
NATURE SOUNDS



HOLD MY PET



CALL A FRIEND



LAY DOWN WITH
EYES CLOSED



LOOK AT
PHOTOS



DO TAPPING



DOODLE



KNIT OR CROCHET



JOURNAL



APPLY CALMING
OILS



MAKE A CUP
OF TEA



GIVE SOMEONE
A HUG



SAY AN
AFFIRMATION



TAKE A BRISK
WALK



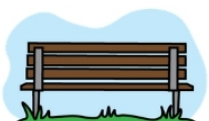
READ A POEM



TAKE A WARM BATH



WATCH AN
UPLIFTING VIDEO



VISUALIZE MY
FAVOURITE PLACE



DANCE TO MY
FAVOURITE SONG



HOLD AN
ICE CUBE



DO A FEW YOGA
POSES

Over 500,000 children around the world use Big Life Journal's products with great success!

Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★



Get Resilience Kit



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

Get Confidence Kit

Shop All Store

Use our resources and see your children become more **CONFIDENT**, **RESILIENT**, and **SELF-LOVING**!

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