



Helping you
become
Mindful,
Resilient
and
Focused

The Josh Hanson Trust



THE POMODORO TECHNIQUE



This technique will help your concentration and focus when completing a task or an activity

1 Pick your task



2 Set a 25 min. alarm



3 Work until your alarm sounds



4 Take a 5 min. break, then go back to your task



5 Take a 15-30 min. break, then go back to step 2



Repeat this 4 times, then go to step 5



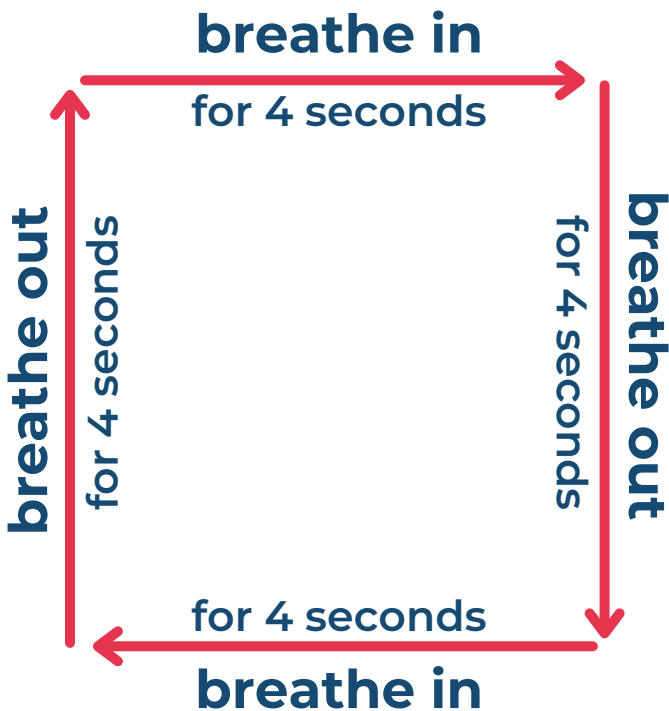
BOX BREATHING



This technique will help lower your heart rate, control your breathing and help you to relax when you're feeling anxious, angry, irritable or panicked

How to box breathe:

- Follow the box going clockwise
- Complete every step over 4 seconds (i.e. breathe in for 4 seconds, then hold that breath for 4 seconds...)





MINDFULNESS

5-4-3-2-1



At the end of this technique you will feel more present and calm when you're feeling overwhelmed or anxious

Wherever you are, list:

5 Things you can
SEE



4 Things you can
TOUCH



3 Things you can
HEAR



2 Things you can
SMELL



1 Things you can
TASTE



**This leaflet gives
you 3 different
exercises you
can do to relax,
keep focused
and be mindful.**

**They will all help
you feel more
mindful,
positive and will
help you be
more productive
in everyday life.**



We are a charity providing mental health well-being and trauma recovery support to children, young people, and individuals through trauma informed art interventions, in both 1:1 and group settings.

We deliver crime prevention presentations and training and provide expert by experience support services to victims and bereaved families of serious violent crime.

To find out more about The Josh Hanson Trust, and how you can get involved, visit:

 www.thejoshhansontrust.org

 [The Josh Hanson Trust](https://www.facebook.com/TheJoshHansonTrust)

 [@thejoshhansontrust](https://www.instagram.com/thejoshhansontrust)

 [@JoshHansonTrust](https://twitter.com/JoshHansonTrust)