



The Butterfly and Phoenix Project

		<u>Helpful</u>	<u>Not Helpful</u>
<u>Express yourself</u>	Listen to music to match or change your mood		
	Write a journal		
	Write poetry / song lyrics		
	Write a letter to someone expressing how you feel, then destroy it		
	Play sport		
	Go for a run or walk		
	Hit or scream into a pillow		
	Punch a punch bag or pillow		
	Talk to someone that you trust		
	Be creative eg paint, draw		
	Counselling from the Butterfly or Phoenix Project		
	Cry		
	Pray		
	<u>Distraction Techniques</u>	Watch TV	
Play a computer game			
Call a friend			
Take a short nap			
Have a bath or shower			
Meditate			
Read a book or magazine			
Other hobbies eg playing a musical instrument			
Yoga			
<u>Other Ideas that I find helpful</u>			