



# When you feel stressed...

## Stop

Stop for a moment



## Breathe

Focus on your breath  
for 30 seconds or more



## Think

Try thinking again



## Need more support?



SCAN HERE

### Contact us

Call **01202 130130** from **8 AM to 4 PM (Mon - Fri)**  
or contact us using our online referral form.

<https://joinourdorset.nhs.uk/wellbeing>