



Anxious
or
panicked



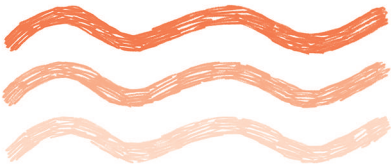
A hand-drawn illustration featuring the text "Ease Zone" in a green, rounded font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings of human limbs (arms and legs) in different poses, some with arrows indicating movement. There are also small, abstract scribbles and squiggly lines scattered around the central text.

Ease
Zone



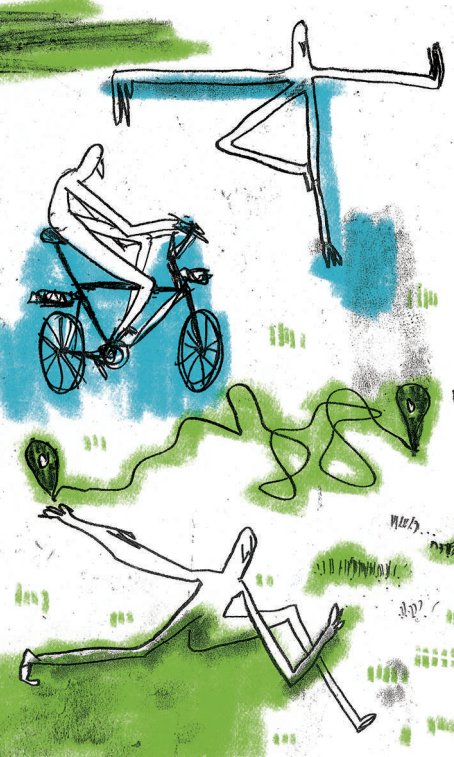
















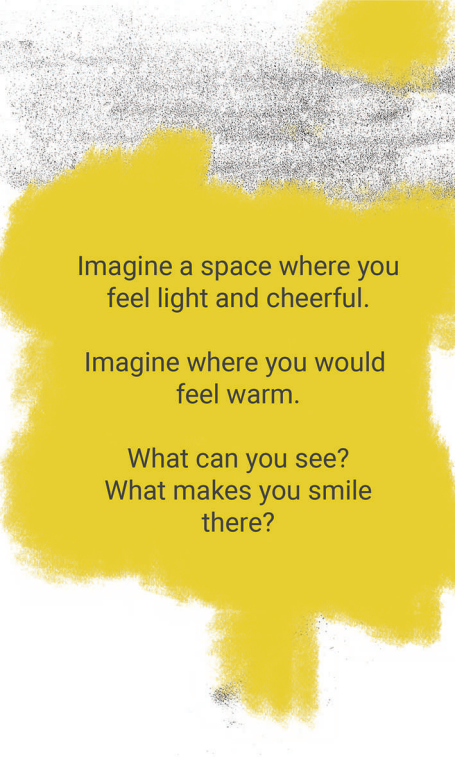


Take a few moments to
listen to the noises
around you.

Do you hear birds?
Or other animals?
Machinery or traffic?

If you hear people talking
what are they saying?
Do you recognize the language?





Imagine a space where you
feel light and cheerful.

Imagine where you would
feel warm.

What can you see?
What makes you smile
there?





Take a glass of fresh water.
Drink it slowly.



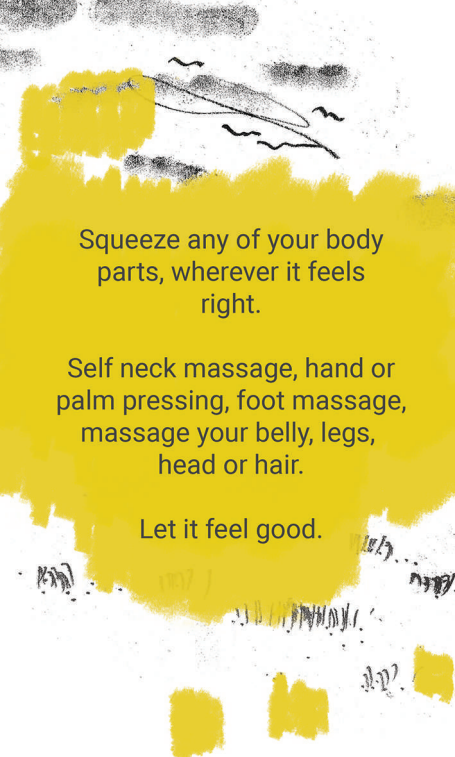
The background features a white surface with expressive yellow brushstrokes and dark charcoal or pencil lines. The yellow strokes are primarily in the upper and lower portions of the frame, with some vertical strokes on the left and right sides. The charcoal lines are more delicate and scattered, including some vertical lines on the left and horizontal lines near the bottom.

Get some movement
to your body.

Do your favourite sport,
jog, bike, exercise, dance
or swim.
Any movement that you like.

Go right away.





Squeeze any of your body
parts, wherever it feels
right.

Self neck massage, hand or
palm pressing, foot massage,
massage your belly, legs,
head or hair.

Let it feel good.





Feeling
angry

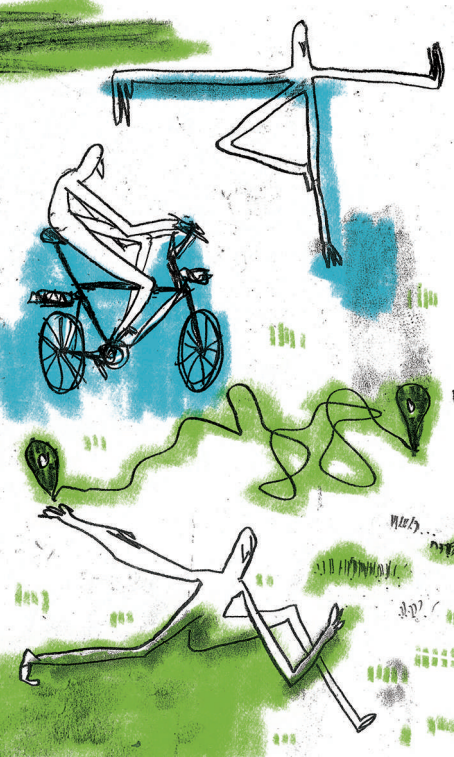


A hand-drawn illustration featuring the text "Ease Zone" in a green, rounded font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; small clusters of dots; and various squiggly and wavy lines. The overall style is sketchy and expressive.

Ease
Zone





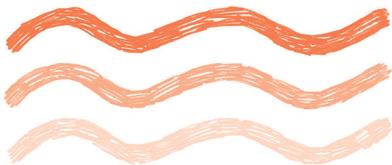






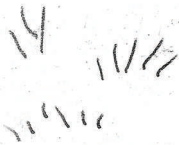




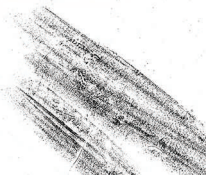








Take a deep longer breath,
counting up to 4 and long
breathe out releasing in
deep voice "Aaah"
counting from 6 to 1.
Repeat.





The background of the image features a white surface with expressive yellow brushstrokes and dark charcoal or pencil lines. The yellow strokes are primarily in the upper and lower portions, while the charcoal lines are more concentrated in the upper left and bottom areas.

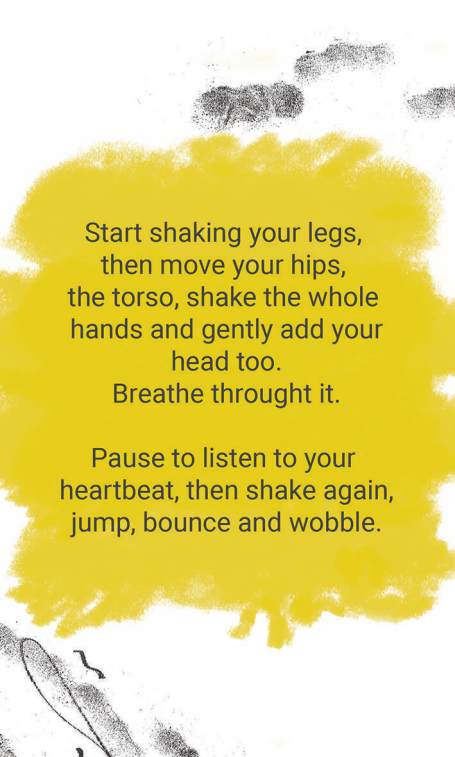
Get some movement
to your body.

Do your favourite sport,
jog, bike, exercise, dance
or swim.

Any movement that you like.

Go right away.



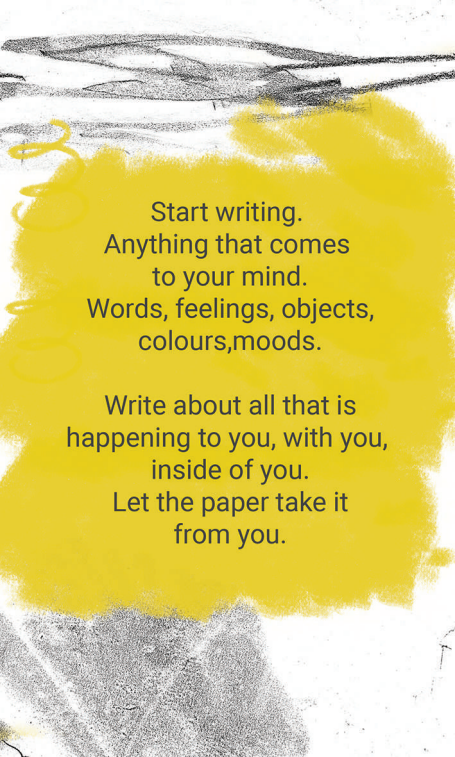


Start shaking your legs,
then move your hips,
the torso, shake the whole
hands and gently add your
head too.

Breathe through it.

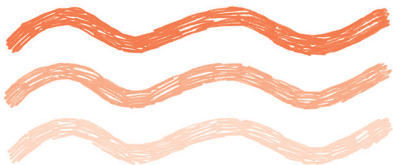
Pause to listen to your
heartbeat, then shake again,
jump, bounce and wobble.

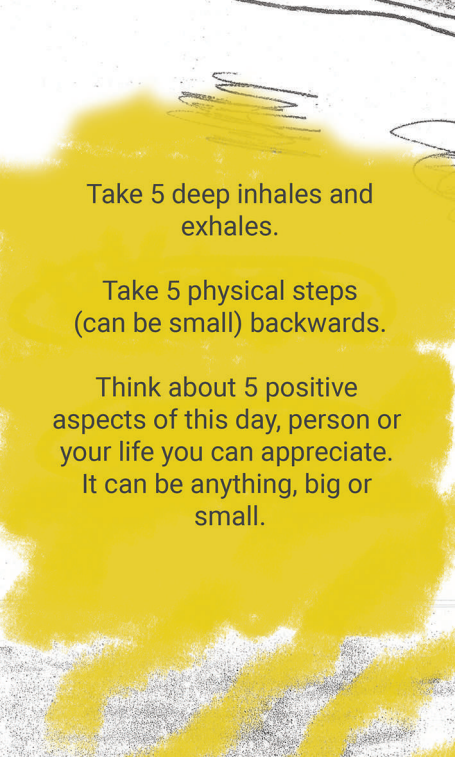




Start writing.
Anything that comes
to your mind.
Words, feelings, objects,
colours, moods.

Write about all that is
happening to you, with you,
inside of you.
Let the paper take it
from you.



The background is a bright yellow color with several black, hand-drawn scribbles and lines. There are some horizontal wavy lines near the top, and some diagonal lines towards the bottom right. The overall style is artistic and informal.

Take 5 deep inhales and
exhales.

Take 5 physical steps
(can be small) backwards.

Think about 5 positive
aspects of this day, person or
your life you can appreciate.
It can be anything, big or
small.





Feeling
depressive



A hand-drawn illustration featuring the text "Ease Zone" in a green, rounded font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; wavy lines; and other abstract shapes. The word "Chair" is written in a cursive script on the left side. The overall style is sketchy and expressive.

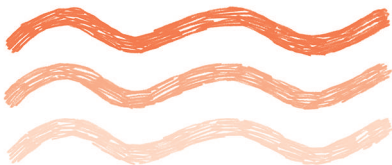
Ease
Zone

WOOF!





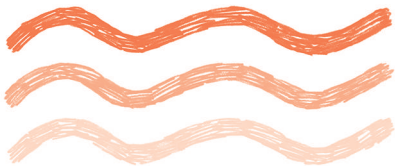


















Supply yourself with warmth
in any form.

Cosy up with a blanket,
read a nice book or
an article, make your
favourite tea or nice cup
of coffee.

Watch your beloved movie,
eat your favourite food
or cuddle a pet.





Find a comfy place to take
a nap, rest or sleep
at least a bit.

Wake up to a new day
after that.



Call a friendly supportive
person.

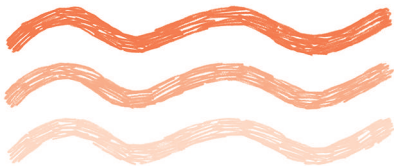
Someone you enjoy
talking to.

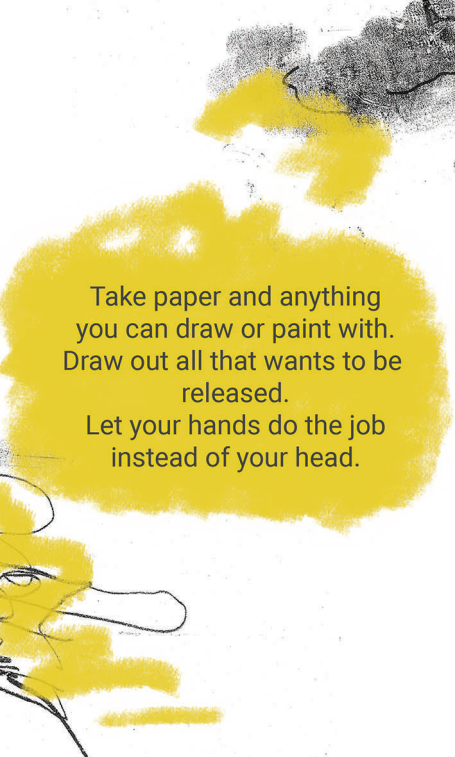
Share or don't what is
happening.
Just call.



The background is white with various abstract brushstrokes. There are several large, irregular yellow strokes, some of which are thick and textured. There are also some thin, dark grey or black strokes, including a vertical one on the right side and some horizontal ones on the left. The overall effect is a layered, artistic composition.

Eat a piece of chocolate,
dried fruit or anything sweet.





Take paper and anything
you can draw or paint with.
Draw out all that wants to be
released.

Let your hands do the job
instead of your head.



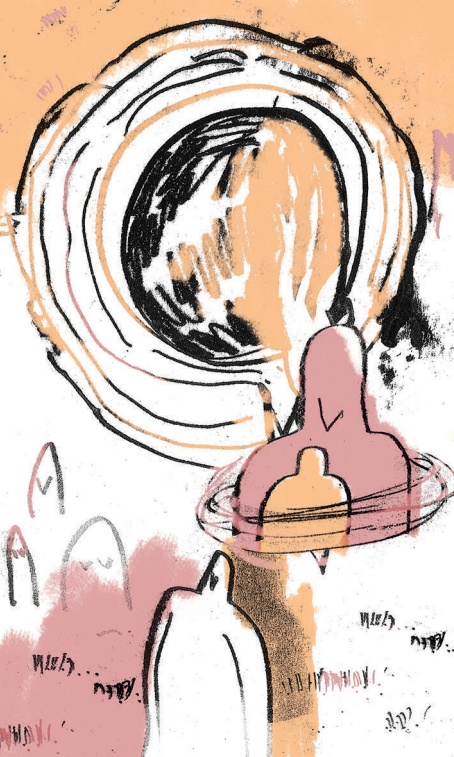


Feeling
sad



The illustration features the text "Ease Zone" in a green, rounded, hand-drawn font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; small clusters of dots; and various squiggly and wavy lines. The overall style is sketchy and informal.

Ease
Zone



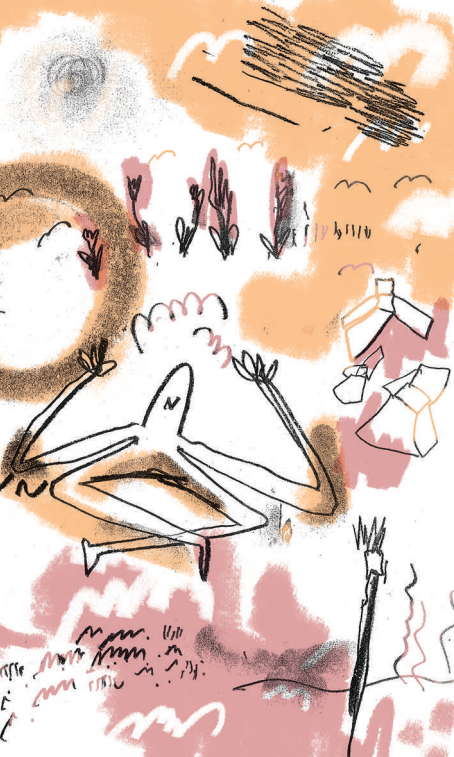




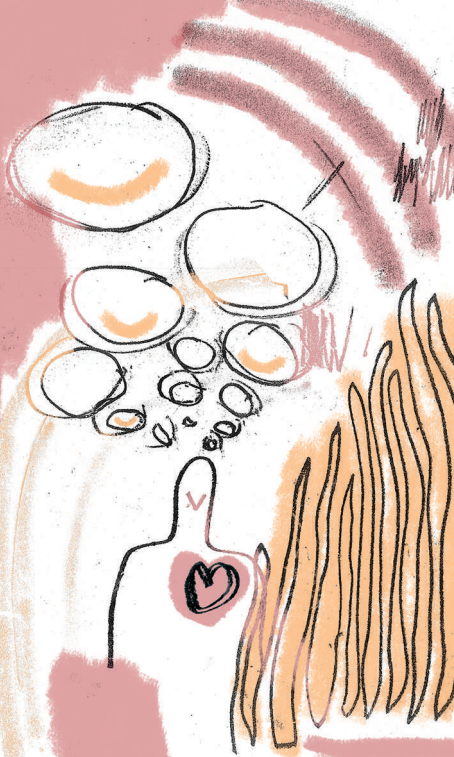




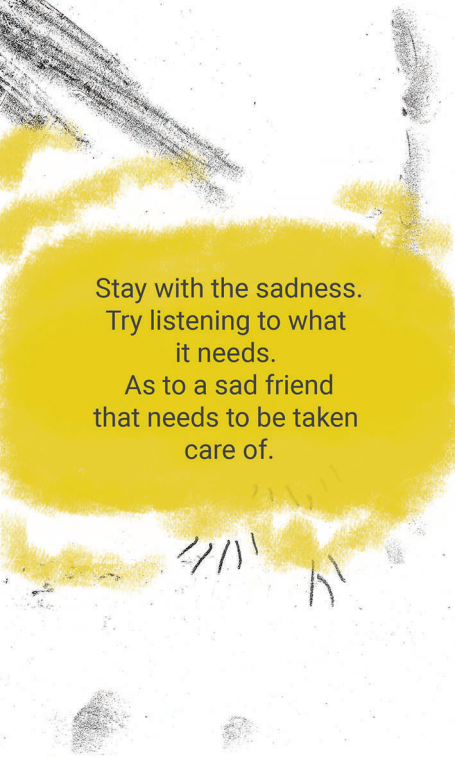












Stay with the sadness.
Try listening to what
it needs.

As to a sad friend
that needs to be taken
care of.





Change the space you are in.
Go for a walk, even short
one.
Get fresh air, seek nature.





Pick any creative activity,
even a short one.

Drawing, sculpting,
modelling, knitting, statues
from rocks, carpentry
or upcycling.
Try it for a bit.

Let your mind flow with it.





Give yourself a little
“ME time”.

Read a book, exercise,
paint, run, stare at trees,
create at least a tiny
space to take care of
your body and mind.





Can you think of anything that
brought you joy in the past
day or week?

Any small detail or event
that was pleasant?
What can you appreciate
about this week?





Troubles with food intake



The illustration features the text "Ease Zone" in a green, rounded, hand-drawn font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; wavy lines; and small clusters of dots or scribbles. The overall style is sketchy and informal.

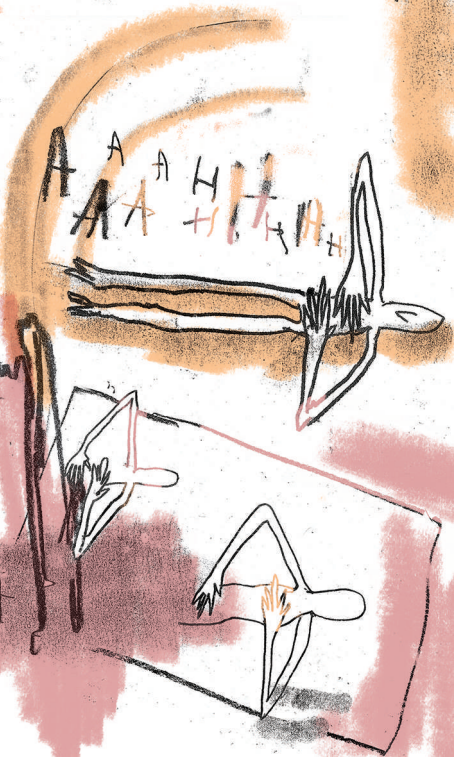
Ease
Zone

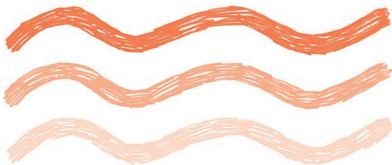






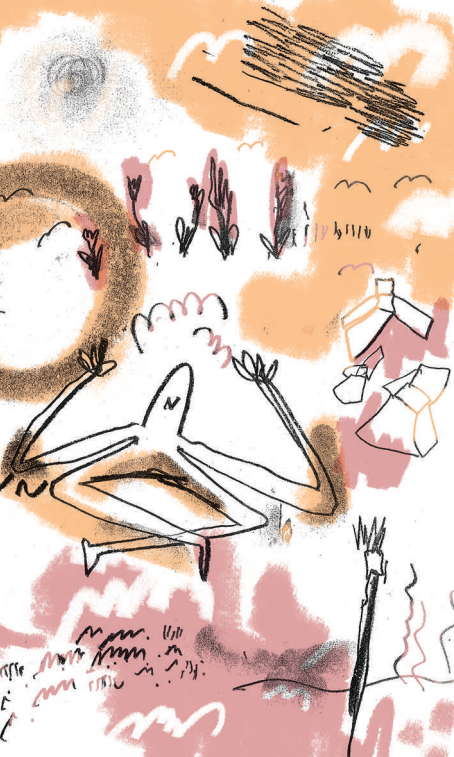




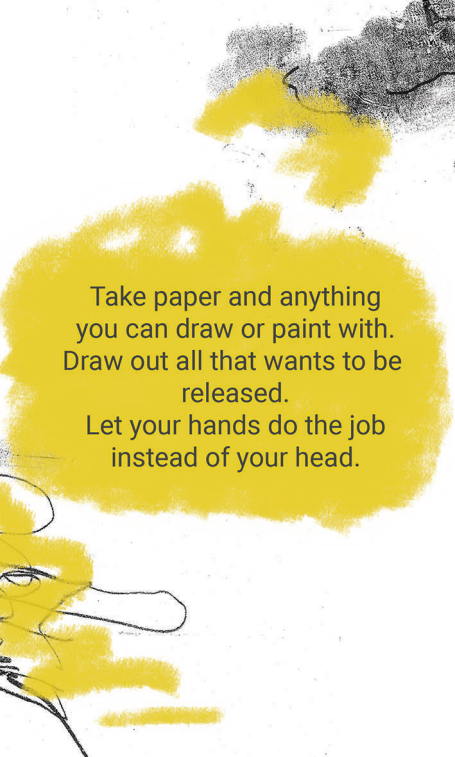








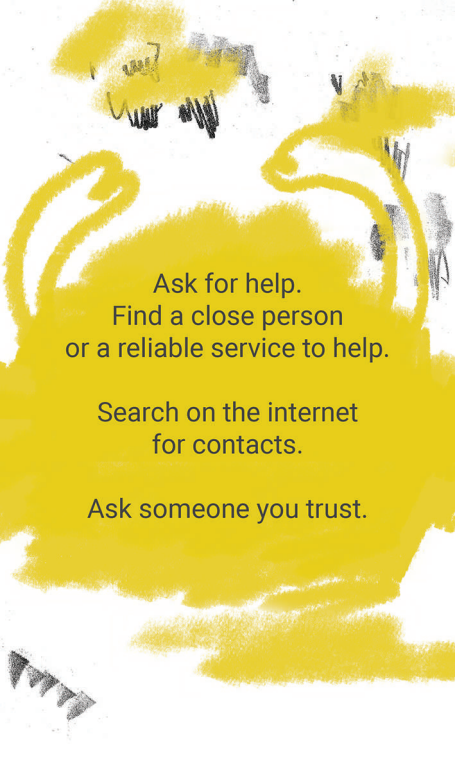




Take paper and anything
you can draw or paint with.
Draw out all that wants to be
released.

Let your hands do the job
instead of your head.



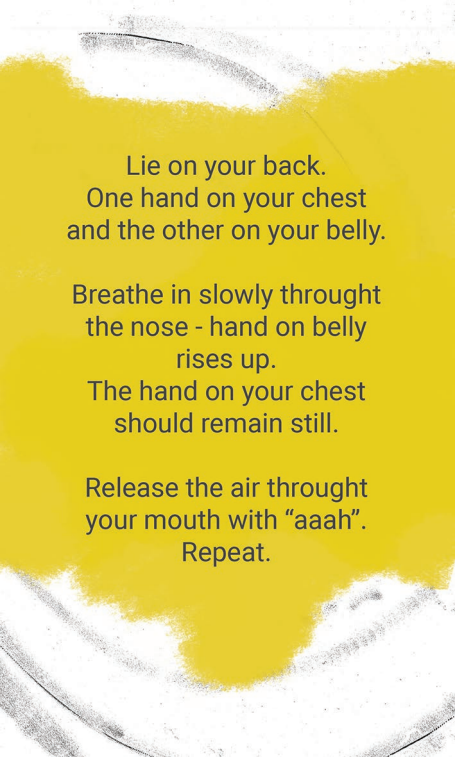
The background of the page is a bright yellow, textured surface, possibly a piece of paper or a digital brushstroke. It is decorated with several black, hand-drawn scribbles and marks. At the top, there are some horizontal and vertical strokes. On the right side, there are more vertical and diagonal marks. At the bottom left, there is a small, dark, triangular shape. The overall effect is a simple, artistic, and somewhat abstract design.

Ask for help.
Find a close person
or a reliable service to help.

Search on the internet
for contacts.

Ask someone you trust.



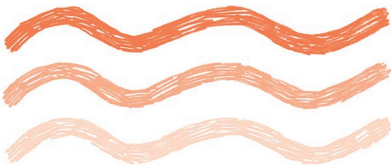


Lie on your back.
One hand on your chest
and the other on your belly.

Breathe in slowly through
the nose - hand on belly
rises up.

The hand on your chest
should remain still.

Release the air through
your mouth with "aaah".
Repeat.



The background of the entire image is white, covered with various yellow paint splatters and smudges. Some are large and irregular, while others are small droplets or fine lines. There are also a few dark, greyish smudges scattered around, particularly near the bottom and right sides.

Take a shower/bath.
Rinse it all away.





Give yourself a little
“ME time”.

Read a book, exercise,
paint, run, stare at trees,
create at least a tiny
space to take care of
your body and mind.





I don't know
what is wrong

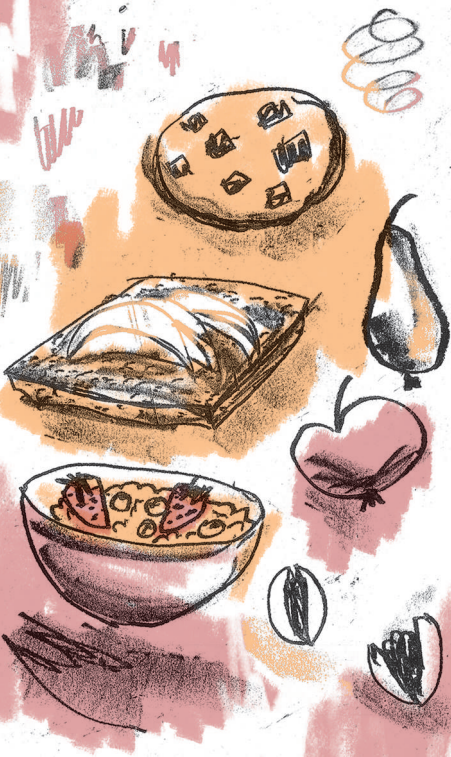


A hand-drawn illustration featuring the text "Ease Zone" in a green, rounded font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; wavy lines; and other abstract shapes. The word "Chair" is written in a cursive script on the left side. The overall style is sketchy and expressive.

Ease
Zone







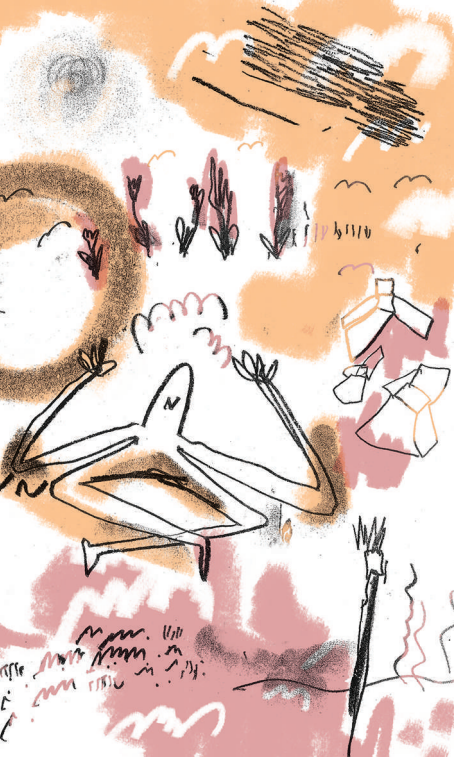




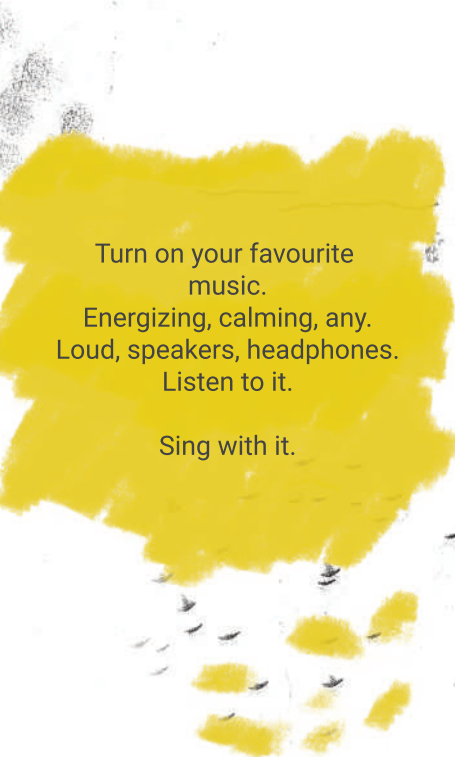












Turn on your favourite
music.

Energizing, calming, any.
Loud, speakers, headphones.
Listen to it.

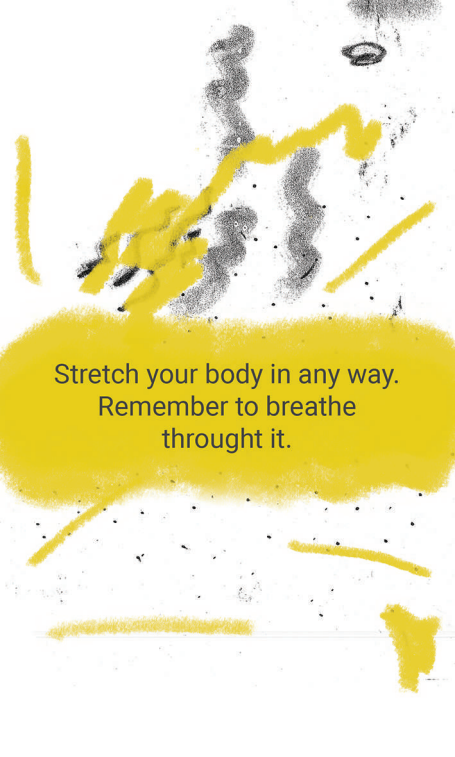
Sing with it.



The image shows a child's drawing on a white background. At the top left, there are several thick, wavy yellow crayon strokes. To the right of these, there are some faint pencil lines and a more complex, swirling yellow crayon mark. In the center, a large, irregular yellow crayon smudge serves as a background for the text. Below this smudge, there is another horizontal yellow crayon smudge. In the bottom left corner, there is a small, simple pencil sketch of a jagged, cloud-like shape. The overall impression is that of a spontaneous, creative drawing by a young child.

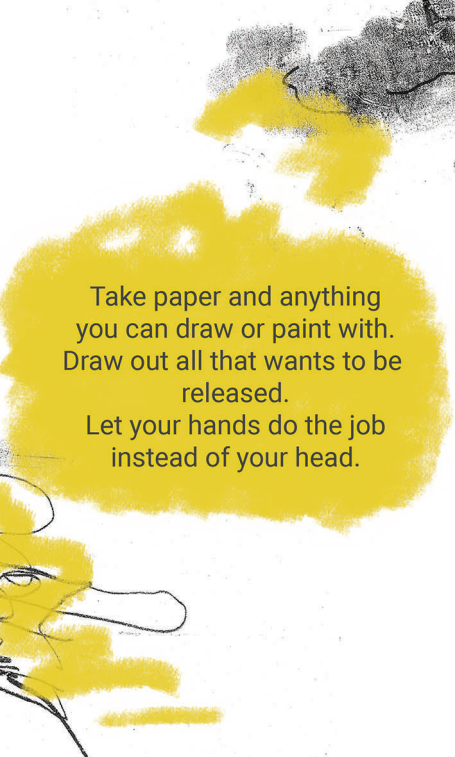
Get yourself some healthy
nutritious treat.



The background is a white canvas with abstract, textured brushstrokes. A large, irregular yellow shape dominates the center, serving as a backdrop for the text. Above this shape, there are several grey, vertical, brush-like strokes. Scattered throughout the white space are small black dots and thin, diagonal yellow lines. The overall aesthetic is artistic and minimalist.

Stretch your body in any way.
Remember to breathe
through it.





Take paper and anything
you can draw or paint with.
Draw out all that wants to be
released.

Let your hands do the job
instead of your head.





Give yourself a little
“ME time”.

Read a book, exercise,
paint, run, stare at trees,
create at least a tiny
space to take care of
your body and mind.





I don't want
to be here



The illustration features the text "Ease Zone" in a green, rounded, hand-drawn font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; small clusters of dots; and various squiggly and wavy lines. The overall style is sketchy and informal.

Ease
Zone

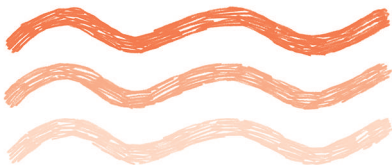








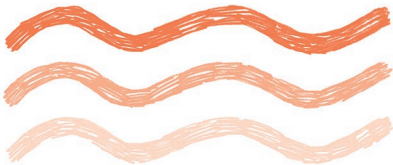


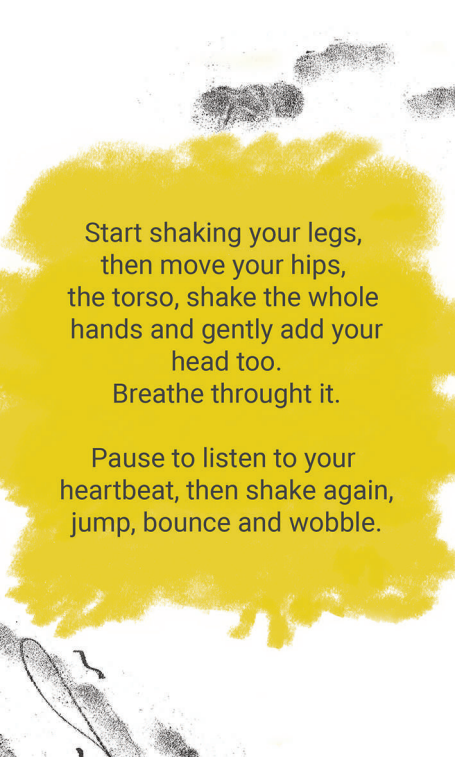










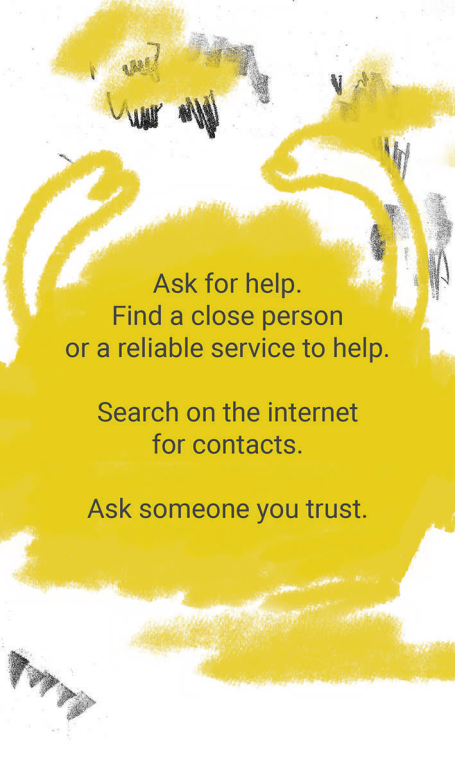


Start shaking your legs,
then move your hips,
the torso, shake the whole
hands and gently add your
head too.

Breathe through it.

Pause to listen to your
heartbeat, then shake again,
jump, bounce and wobble.



The background of the page is a bright yellow, textured surface, possibly a piece of paper or fabric. It is decorated with various black scribbles and marks. At the top, there are several horizontal and vertical black lines, some resembling a stylized 'W' or 'M'. On the right side, there are more vertical black lines. At the bottom left, there is a small, dark, triangular shape. The overall effect is a simple, hand-drawn aesthetic.

Ask for help.
Find a close person
or a reliable service to help.

Search on the internet
for contacts.

Ask someone you trust.

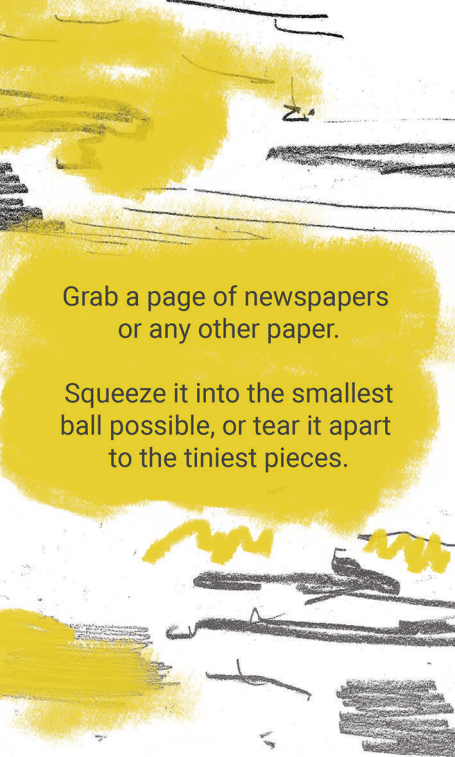




Find a comfy place to take
a nap, rest or sleep
at least a bit.

Wake up to a new day
after that.

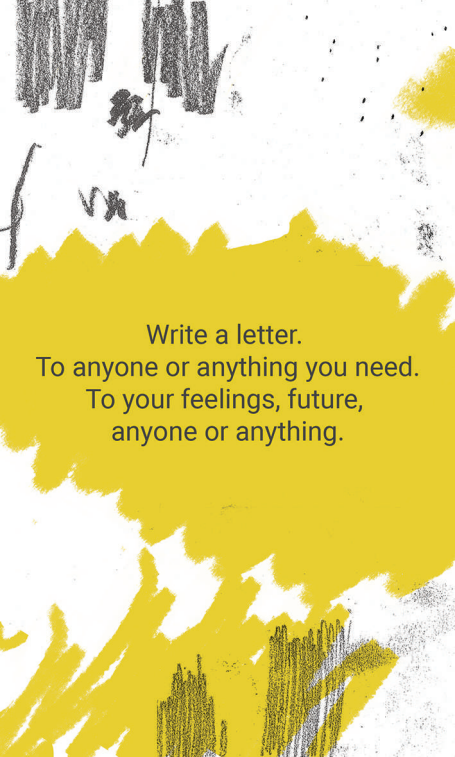


The background of the page is white, decorated with various abstract ink strokes. There are large, soft-edged yellow washes in the upper left and center. Scattered throughout are thin, dark lines and thicker, textured black strokes, some of which appear to be made with charcoal or a dry brush. The overall style is artistic and minimalist.

Grab a page of newspapers
or any other paper.

Squeeze it into the smallest
ball possible, or tear it apart
to the tiniest pieces.





Write a letter.
To anyone or anything you need.
To your feelings, future,
anyone or anything.





Stressed
or
overwhelmed





A hand-drawn illustration featuring the text "Ease Zone" in a green, rounded font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; wavy lines; and other abstract shapes. The word "kiss" is written in a cursive script on the left side. The overall style is sketchy and expressive.

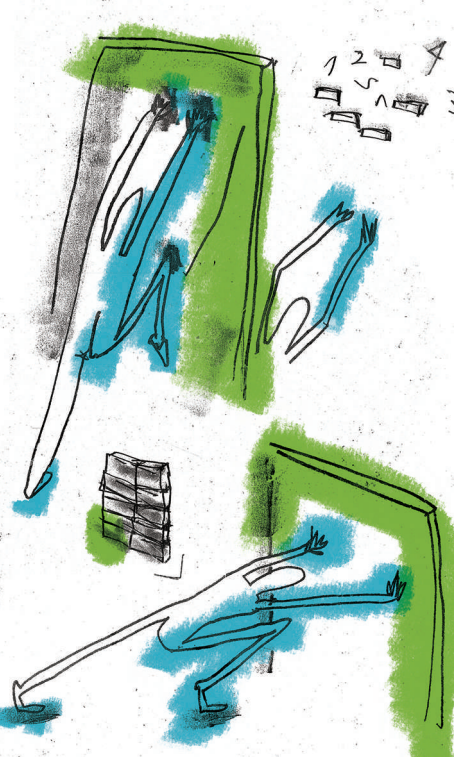
Ease
Zone

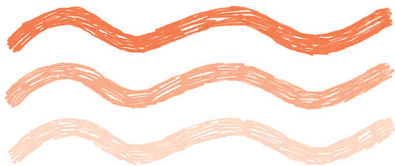




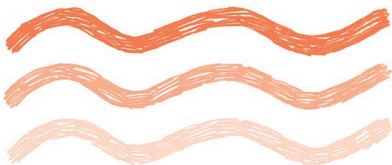


















Look around you.

Notice 5 things you can see,
4 things you can hear
and 3 things you can smell.







Take a glass of fresh water.
Drink it slowly.





Find a wall.
Any wall or strong vertical
surface.
Push against it with all your
strenght, tightening
all your muscles.

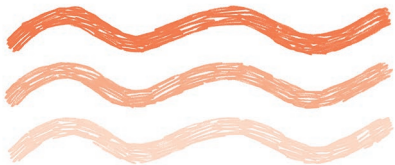
Repeat several times.



Pick any of your favourite
music and turn it on,
close your eyes and
let your body move with it.

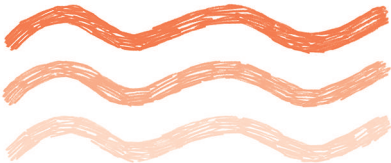
Dance it out a bit.





The background of the entire image is white, covered with various yellow paint splatters and smudges. These marks are irregular in shape and size, with some appearing as thin, elongated streaks and others as more solid, rounded blobs. The yellow color is a bright, saturated hue. The text is centered within a larger, more prominent yellow smudge in the middle of the page.

Take a shower/bath.
Rinse it all away.





Wanting to
harm myself



A hand-drawn illustration featuring the text "Ease Zone" in a green, rounded font, centered between three horizontal orange wavy lines. The background is filled with various black line drawings: several arms and hands in different poses, some with arrows indicating movement; wavy lines; and other abstract shapes. The word "Chair" is written in a cursive script on the left side. The overall style is sketchy and expressive.

Ease
Zone

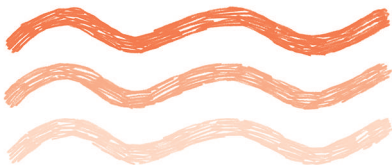






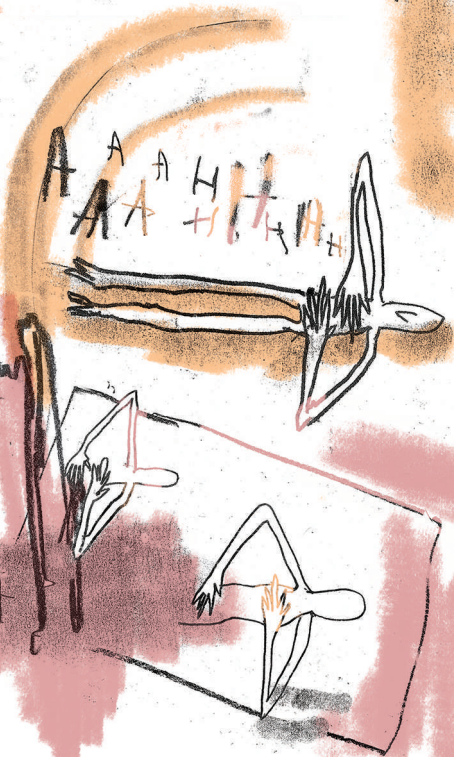


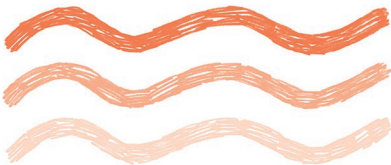


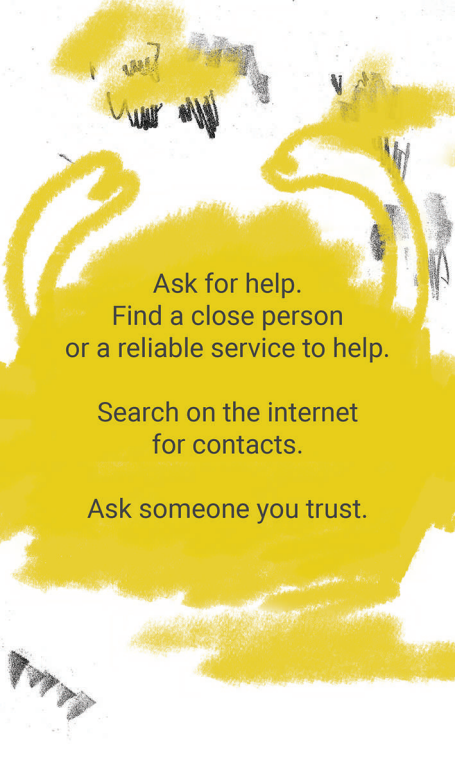












Ask for help.
Find a close person
or a reliable service to help.

Search on the internet
for contacts.

Ask someone you trust.





Change the space you are in.
Go for a walk, even short
one.
Get fresh air, seek nature.



The background is a textured, abstract composition of bright yellow and grey. In the upper left, there are several black, hand-drawn scribbles that resemble stylized letters or symbols. The overall effect is a layered, artistic backdrop for the text.

Find a comfy place to take
a nap, rest or sleep
at least a bit.

Wake up to a new day
after that.

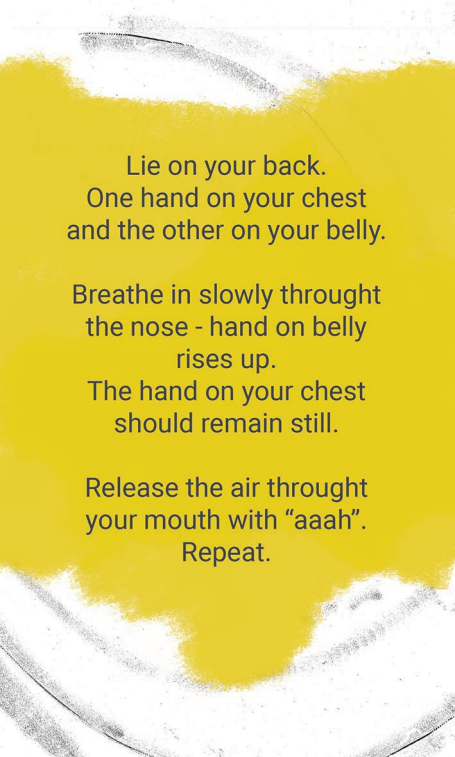


Call a friendly supportive
person.

Someone you enjoy
talking to.

Share or don't what is
happening.
Just call.





Lie on your back.
One hand on your chest
and the other on your belly.

Breathe in slowly through
the nose - hand on belly
rises up.

The hand on your chest
should remain still.

Release the air through
your mouth with "aaah".
Repeat.

