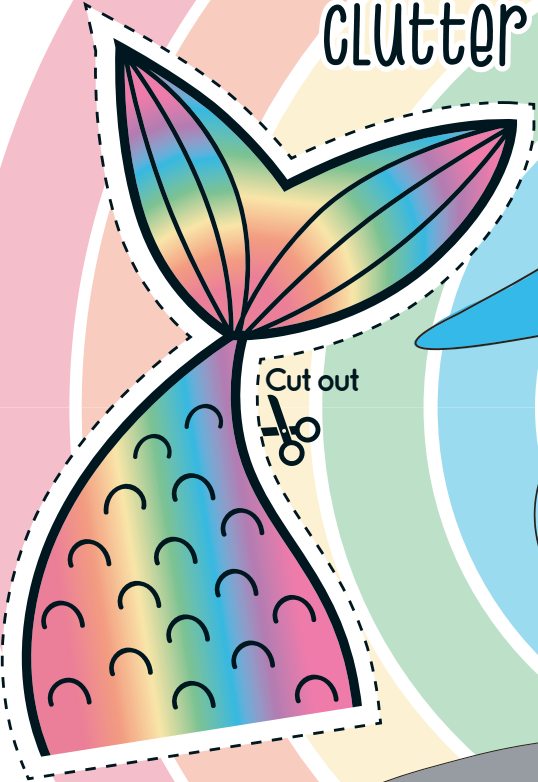


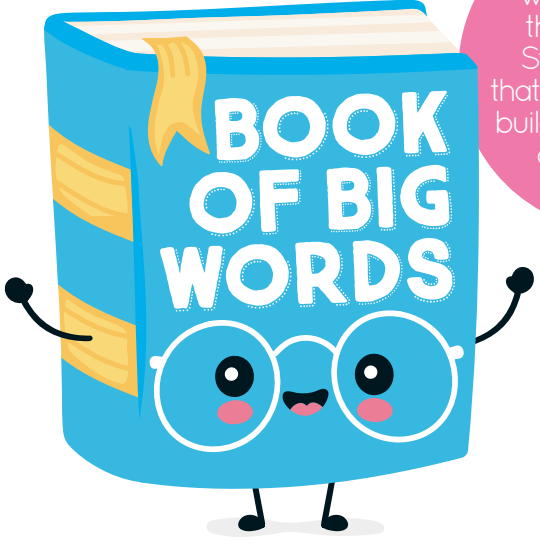
Find your FOCUS!

Four fab ways to clear the mind clutter



1 Cut out the mermaid tail and blu tack it to your wall. Concentrate all your attention on it for a few minutes. Let any thoughts that pop into your head, drift away. Anytime you feel yourself getting distracted, return your gaze back to the picture of the tail on the wall.

2 Think of words and spell them backwards. Start with some that are easy before building up to more complicated, longer ones.



3 Count backwards in your head, in threes, from 99. It might seem like a tricky task, but it requires you to concentrate hard and forget about everything else.

4 Whenever you feel like quitting what you're doing, remember the five more rule. Try to do five more minutes, five more exercises or read five more pages of that book.



Not being able to focus because of worries can affect your concentration. These ways will help to clear your mind and give you back some control.

Your Mind Matters is our award-winning campaign to help children look after their mental health