

Mental Health Toolkit

1. Breathing Exercises

- 4-7-8 Breathing: Inhale 4 secs, hold 7 secs, exhale 8 secs
- Box Breathing: Inhale, hold, exhale, hold — 4 secs each

2. Grounding Techniques

- 5-4-3-2-1 Technique: List 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste

3. Journal Prompts

- What made you smile this week?
- What are 3 things you're grateful for?

4. Daily Mood Tracker

[Draw a mood scale with 😊 😐 😞 😡]

5. Crisis Contacts

Nigeria Mental Health Line: 0809 111 6263