



# TWCI TOOLKIT

Pocket toolkit to support managing emotions  
& practising a positive mindset





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# ROMPA

**R**elax

**O**bserve

**M**anage

**P**atience

**A**ct



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**NBTA**

**N**othing  
**B**ut  
**T**he  
**A**ir



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**FAIL**

**F**irst  
**A**ttempt  
**I**n  
**L**earning



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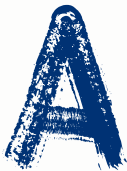
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KEEP TRYING

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A large, stylized letter 'A' with a rough, textured appearance, resembling a brushstroke or a piece of fabric. It is positioned on the left side of the image.A large, stylized letter 'E' with a rough, textured appearance, resembling a brushstroke or a piece of fabric. It is positioned in the middle of the image.A large, stylized letter 'T' with a rough, textured appearance, resembling a brushstroke or a piece of fabric. It is positioned on the right side of the image.

**A**lways

**E**ternally

**T**hankful



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Gratitude

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5 things you can do right now to improve your mental health

## IMMEDIATE MOOD CHANGERS



1. **Breath** – 5 breaths of NBTA (nothing but the air)
2. **Ground yourself** – get up and go outside
3. **Laugh out loud** – smile until you feel better
4. **Get some sunlight** – on your skin
5. **Exercise** – walk, jog, run, get moving

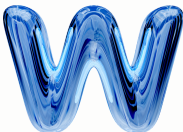


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A large, 3D, blue, glossy letter 'F' with a metallic sheen and rounded edges, positioned on the left side of the image.A large, 3D, blue, glossy letter 'T' with a metallic sheen and rounded edges, positioned in the center of the image.A large, 3D, blue, glossy letter 'W' with a metallic sheen and rounded edges, positioned on the right side of the image.

**F**ind  
**T**he  
**W**ay



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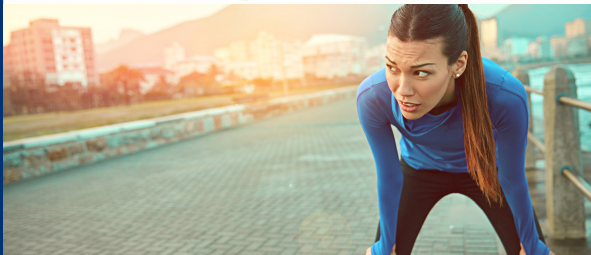


**C**an  
**A**chieve  
**N**ext  
**T**ime



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**Remember  
the 3 R's**

**R**ECOGNISE

the build up & what it feels like

**R**EDIRECT

Immediately think of 3 things you can smell, hear & touch

**R**ELOCATE

Remove yourself from the situation



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# Dumping

- Negative self-talk
- scattered thoughts
- overwhelmed

*Get it out of your head*  
**and flush it!**



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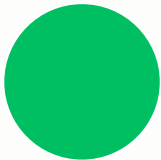
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# Reset Button





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