



SIMPLE, EFFECTIVE, AFFORDABLE MENTAL HEALTH SUPPORT

RECOGNISE
EMOTIONS

STOP
THINK

ENGAGE
AWARENESS

SUPPORT
YOURSELF

The REST EASY Method is a self-help tool that delivers sustainable, quick results for long term mental wellbeing.

It provides skills for managing emotions by giving students & staff the tools to cope during difficult times.

It encourages a culture of understanding, emotional safety & empathy within school.

Helping children manage their emotions, develop empathy, build resilience & self-awareness



www.resteasytraining.com
www.resteasymethod.com

