



Mr Preston

Welcome to the Inclusion Centre – I am the Inclusion Manager and I am trained in Counselling Skills and Nurture. Leo, one of our students created this picture of me!

My strategy to help me when I'm stressed and anxious:

When I am feeling stressed and anxious, I think about my favourite place - a beach. I picture the beach in my mind and I think about each of my senses slowly in turn. What can I see on the beach? What can I hear? What can I smell? What can I feel?

