

RELAXATION TECHNIQUES

Sometimes we need something in the moment which can help us to take a step back, breathe and calm ourselves down. Try some of these relaxation techniques and see which one works best for you.

Grounding

Grounding is a way of bringing us away from our anxious thoughts and back into the present. It works to distract our minds and make us feel more in the moment.

In your head, see if you can identify:

5

Things you can
see

4

Things you can
feel

3

Things you can
hear

2

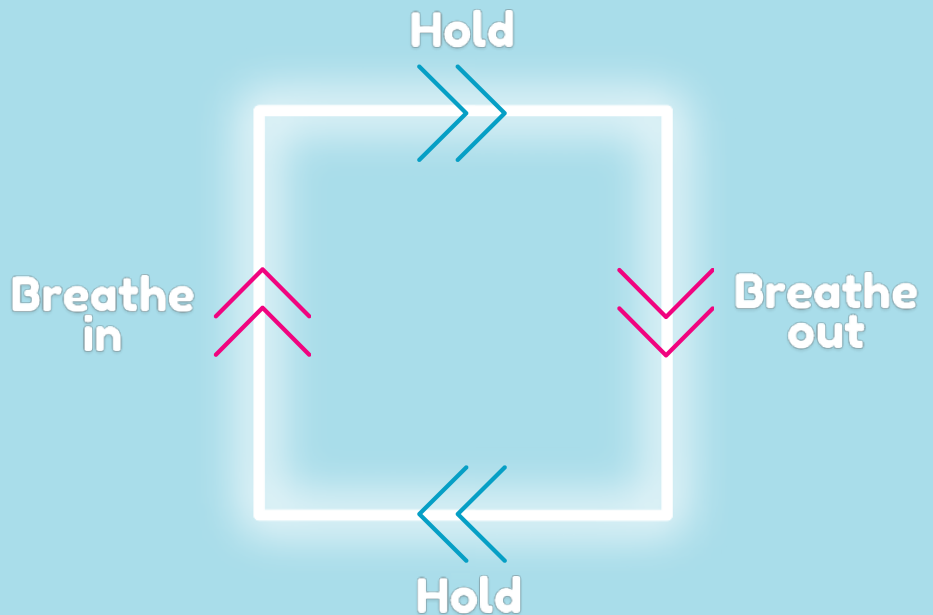
Things you can
smell

1

Thing you can
taste

Square Breathing

This is a breathing exercise to help you slow down and get control of your breathing. Inhale for 4 seconds, hold for 4, breathe out for 4, and hold for 4 again before repeating. Breathe in through your nose and out through your mouth.



Body Scan

Body scans can help us to take our minds away from our thoughts and focus on the tension in our bodies. Take deep breaths, and then focus your mind on different body parts and mentally release any tension as you go. Start from your feet, to your calves, thighs, hands, arms, shoulders and end with your face. It can help to close your eyes.

Tip: you can search the web (or Youtube) to find guided videos. Try searching for meditation, body scans or progressive muscle relaxation.