

RELAX YOUR BODY

When you're stressed your muscles can become tight and tense. This exercise helps you notice tension in your body and relax your muscles.

**Try to find:
somewhere comfortable to sit or lie down
space where you won't be interrupted**

What do I do?

Lie down or sit with your back straight and your feet on the floor. Close your eyes or focus on a spot in the distance.

Start by clenching your toes as much as you can for a few seconds then releasing them. Notice the difference between the two feelings.

Match this to your breathing. Tense your muscle as you take a deep breath in, and relax as you breathe out.

Move up your body to your thighs, your stomach and all the way to your shoulders and hands, clenching and relaxing each muscle in turn. Take time to notice any parts of your body that feel tense, tight or tired. You can repeat if you still feel tense.

Take a moment to relax, then slowly and gently begin to move. When you feel ready, you can stand up slowly

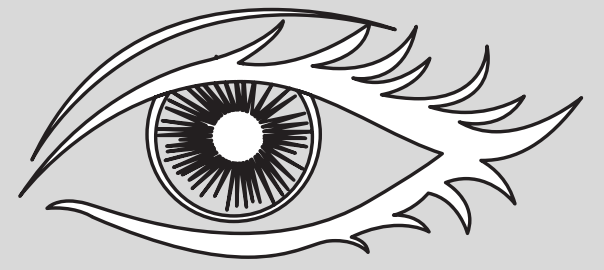
You can also try Instead of tensing your muscles, try placing something warm on each part of your body in turn.

When Anxiety tries to take over...

You can try this simple, always at hand, grounding technique to try to prevent your anxiety hijacking you:

5

Find 5 things you can SEE



4

Find 4 things you can TOUCH



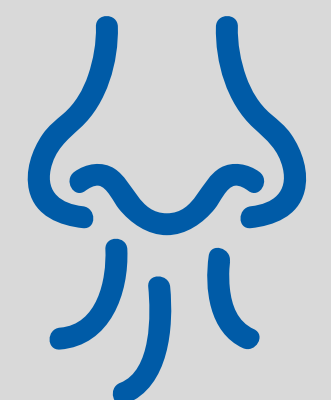
3

Find 3 things you can HEAR



2

Find 2 things you can SMELL



1

Find 1 thing you can TASTE

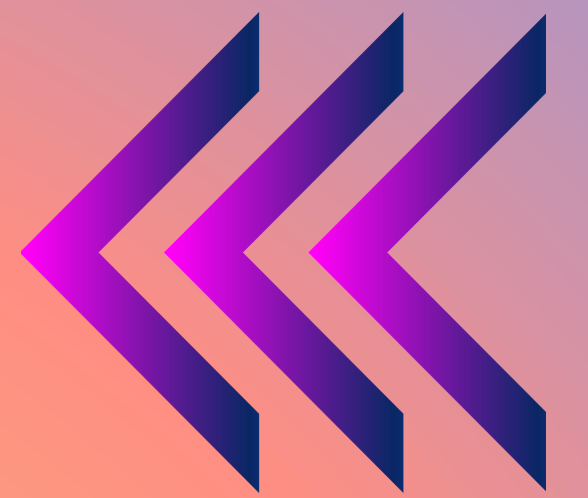


and breath...

Square Breathing



Hold for 4



Breath out for 4



Breathe in for 4



Hold for 4



Start here



WALK

Get out for a walk. Being outdoors helps us feel better, energised and calmer.

Walk with a purpose. Pay attention to your body and how it feels connected to the nature.

Feel the wind embracing your body. Feel your muscle stretching and working hard.

Notice your breath and your heartbeat.

