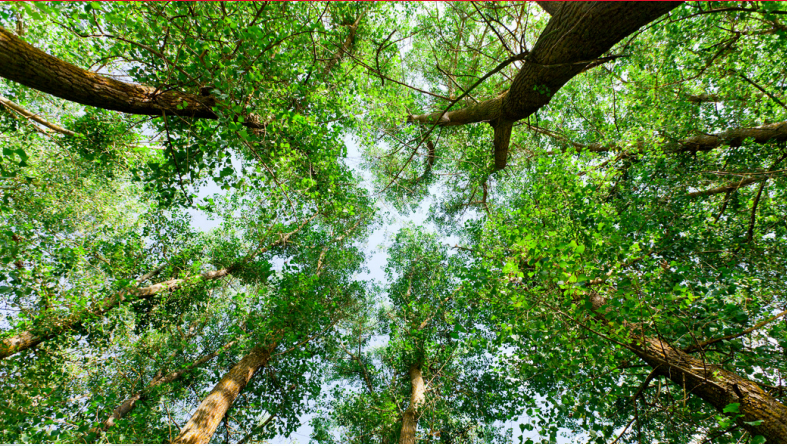


RELAXATION TECHNIQUES



RELAXATION TECHNIQUES



Listen to
music



Read a book



Talk to
family/friends



Play a game



Exercise



Walk the
dog

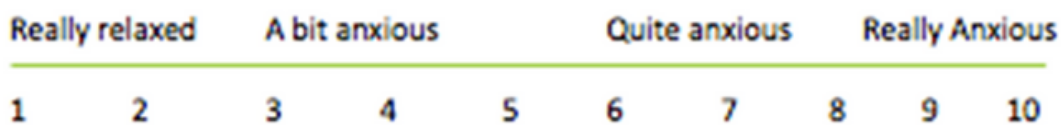


MUSCLE RELAXATION

1.	Take 3 deep breaths. Breathe out slowly each time and imagine that all the tension you can feel is leaving your body
2.	Clench your fists. Hold for 10 seconds. Release, feel the tension leaving your body
3.	Tighten the tops of your arms by bringing your lower arm up towards your shoulders and making a muscle with both arms. Hold for 10 seconds and relax.
4.	Tighten your lower arms by holding your arms straight in front of you and locking your elbows. Hold and relax
5.	Tense your forehead by raising your eyebrows as high as you can. Hold and relax
6.	Tense the muscles around your eyes by closing your eyes tightly. Hold and relax
7.	Tighten your jaw by opening your mouth as wide as you can. Hold and relax
8.	Tighten the muscles in the back of your neck by pulling your head back towards your back. Hold and relax
9.	Tighten your shoulders as if you were going to touch your ears. Hold and relax
10.	Tighten your shoulder blades by pushing them back. Hold and relax
11.	Tighten your chest by taking in a deep breath. Hold and relax
12.	Tighten your stomach muscles by sucking them in. Hold and relax
13.	Tighten your lower back by arching it up. Hold and relax
14.	Tense the muscles in your thighs and bottom. Hold and relax
15.	Tighten your calf muscles by pulling your toes towards you. Hold and relax
16.	Tighten your feet by curling them downwards. Hold and relax
17.	Scan your body for any tension that's left over. If any of your muscles are still tense, repeat the exercise for that area to help them relax
18.	Imagine every muscle in your body is heavy and relaxed.

CONTROLLED BREATHING

Before you start, check how you're feeling on the scale below:

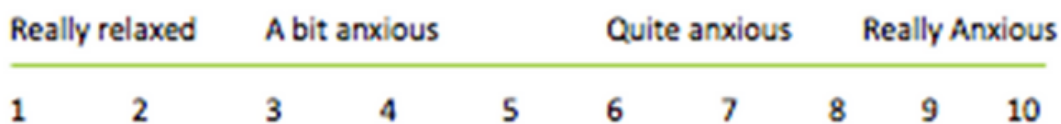


Now...

- Breathe in for 3 counts
- Hold it for 3 counts
- Breathe out for 5 counts
- As you breathe out, think to yourself 'relax'

Do this again, two more times.

Then use the scale again to rate how you're feeling.



If there's no difference, or you'd like more of a change, don't worry. Repeat the breathing exercise again a few more times. The more you practice, the more you'll be able to control your feelings.

VISUALISATION

Think of a place you find relaxing. This might be a real place, like somewhere you've been on holiday or somewhere in your house. It might be somewhere you think up in your imagination.

What does it look like? Think of all the colours and shapes of everything in your picture

What does it sound like? What noises are there?

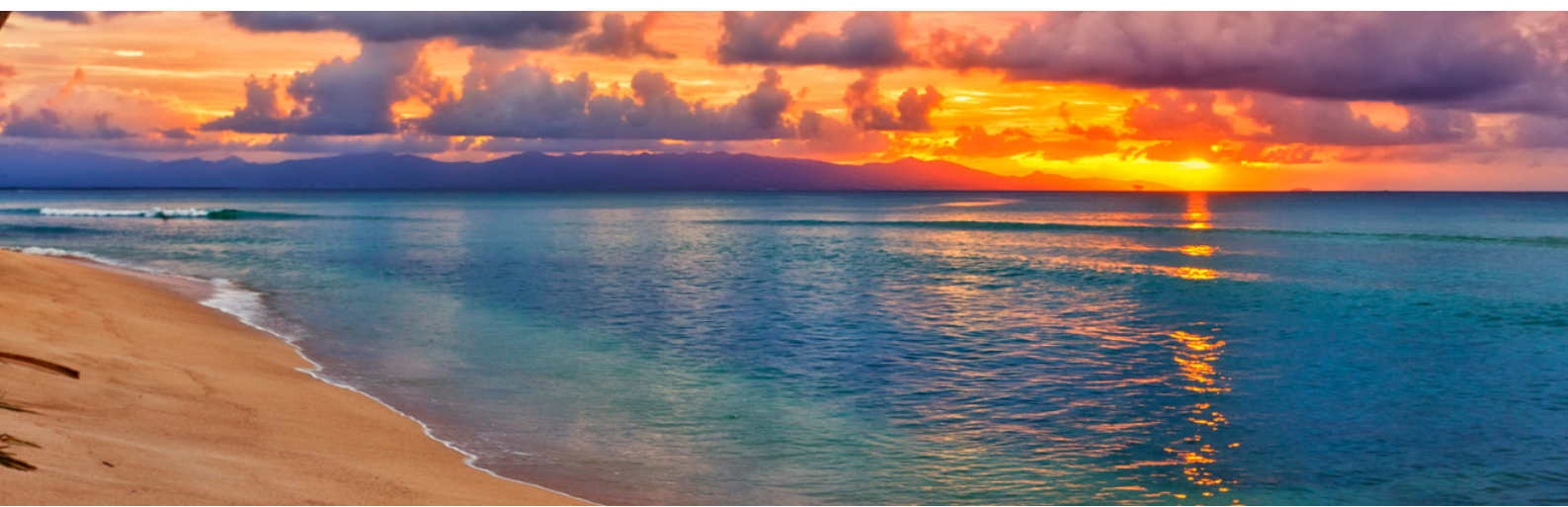
What does it smell like? Are there any really strong smells?

What does it feel like? Is it warm or cold? What can you feel where you're sitting or standing?

Now you've thought of this relaxing place, you can practice going there whenever you feel worried.

Close your eyes and imagine the picture in as much detail as you can.

The more you practice, the easier it is to imagine your relaxing place and use it to feel calm.





TIPS FOR MANAGING ANXIETY

OBSERVE AN OBJECT

DESCRIBE AN OBJECT IN DETAIL: COLOUR, TEXTURE, SHADOW, LIGHT, SHAPES, SIZE AND WEIGHT.

SCRUNCH AND RELEASE

CLENCH YOUR HANDS INTO FISTS, SQUEEZE AS HARD AS YOU CAN AND LET GO. THINK ABOUT HOW YOUR BODY FEELS AS YOU RELEASE THE TENSION. FEEL THE BLOOD FLOW BACK INTO YOUR FINGERS.

THE ALPHABET GAME

NAME SOMETHING FOR EACH LETTER OF THE ALPHABET WITHIN A CATEGORY. CATEGORIES COULD INCLUDE ANIMALS, FOODS, NAMES, CITIES ETC.

ADVISE YOURSELF

THINK ABOUT HOW YOU WOULD ADVISE A FRIEND WHO WAS FEELING ANXIOUS.

COPING STATEMENTS

POSITIVE COPING STATEMENTS ARE A USEFUL CALMING TECHNIQUE AS THEY REPLACE THE NEGATIVE THOUGHTS THAT ARE MAKING YOU ANXIOUS WITH REALISTIC, POSITIVE THOUGHTS.

CHECK YOUR LENSES

ARE YOU LOOKING AT THINGS THROUGH HELPFUL, POSITIVE LENSES? HOW CAN YOU CHANGE YOUR UNHELPFUL LENSES?



TIPS FOR MANAGING ANXIETY

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

