

# ACTIVITIES TO CALM A WORRIED MIND AND STRESSED BODY

If you are feeling worried, overwhelmed or stressed, you may find the following activities helpful to relax your body and mind, and focus your attention back on the present moment...

## The '5,4,3,2,1' Technique:

Look around you and name...

**5** things that you can **see**

**4** things that you can **feel**

**3** things that you can **hear**

**2** things that you can **smell**

**1** thing that you can **taste**

Hold your breath for 4 seconds

Breathe in slowly for 4 seconds

## 'Square Box' Breathing\*

Imagine drawing around a square box, breathing slowly in and out as you draw each side. Repeat this as many times as needed.

If 4 seconds is too long, reduce the time.

Breathe out slowly for 4 seconds

Hold your breath for 4 seconds

Start here!

## Progressive Muscle Relaxation\*

Moving down from head to toe, focus your attention on each area of your body in turn.

While you do this, try tensing the muscles there and holding that for 5 seconds.

Then slowly release the tension in your muscles while thinking of the word "relax".

Notice the tension slipping away and how each of your muscles feel afterwards.

See the image to the right for some other motions you could try.

- Raise and lower your eyebrows. Clench your jaw. Screw up your whole face.
- Roll your shoulders round in circles, one way then the other.
- Bend your elbows and tense your arms. Stretch them up into the air.
- Tense your abs.
- Clench your fingers together. Stretch them wide open.
- Straighten your legs and stretch them as far as possible.
- Role your ankles round in circles. Scrunch up your toes.

