Breathing to relax:

Sit in a comfy chair, lie flat on the floor or bed make sure you are comfy.

Breathe in through your nose & out through your mouth

- Breathe in through your nose, fill up your tummy with air (it should expand when full of air!) for the count of 1, 2, 3, 4, 5
- Breathe out through your mouth for the count of 1, 2, 3, 4, 5
- Repeat until you feel calm and relaxed for up to 5 minutes

It may take practice to manage the ‘5’ count but regularly will become easier
Are you stressed?
Stress is the feeling of being under too much pressure. Here are some of the ways it can affect you:

- Problems sleeping
- Eating less or more
- Feeling anxious
- Feeling irritable
- Losing your temper
- Worrying
- Smoking or drinking more
- Headaches
- Tension

Body Relaxation
Find a quiet and comfy space:
Close your eyes and:

- Scrunch eyebrows together and frown. Hold for the count of 10 then relax for 20
- Move head forward putting chin to chest, tense for 10, then relax for 20
- Raise shoulders to ears, tense for 10, then relax for 20
- Breathe in deeply through nose, expand chest, hold for 10, relax for 20
- Stretch out fingers, tense for 10, relax for 20
- Bend elbows raising fists to shoulders, tense for 10, relax for 20
- Tense stomach for 10, relax for 20
- Squeeze buttocks, tense for 10, relax for 20
- Flex feet & extend straight legs, tense for 10, relax for 20

NB: If you find it hard to relax at first, keep trying! All gets better with practice. If you find areas of your body are tense,