

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

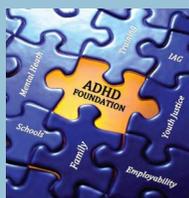
It may take practice to manage the '5' count but regularly will become easier



PROMOTING INCLUSION IN..

Mental Health, Education & Employment

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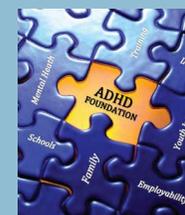


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Stress Management

Welcome! We've provided this guide as we recognise that to relax and de-stress. Helps with ADHD

This guide offers some tips to improve your well being, making a difference to how you feel including:

- **Relaxation methods**
- **Breathing exercise**
- **Suggestions for stress management**

The ADHD Foundation promotes inclusion in

- **Mental Health**
- **Education**
- **Employment**

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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,