

RELAXATION TECHNIQUES

Additional information

Breathing exercise

Try '7/11' breathing – breathe in slowly for a count of 7, imagine filling your stomach first and then your chest. Hold the breath for as long as it's comfortable. Breathe out slowly for a count of 11. Repeat until panicky feelings subside.

Tense and relax exercise

This can help with getting to sleep which people find difficult when they're anxious. Lie down and focus on each part of your body, tense and relax each one in turn, start with your toes, the top of your feet, your heels, ankles and so on, working your way through to the top of your head. Feel every part relaxing separately.

Emergency stop technique

This method can be used as a quick fix. Say sharply to yourself, 'STOP'. Breathe in and hold your breath for a moment before slowly breathing out. As you do so relax your shoulders and hands. Pause, then breathe in slowly again and hold. As you breathe out relax your forehead and jaw. Stay quiet for a few moments, notice your breathing, then go on with what you were doing, moving slowly and smoothly.