



Relaxation techniques

Here

are some different ways to relax when we feel stressed, anxious or upset.

The first method is **Deep Breathing**. We do this by:

- 🌈 Closing our eyes and getting comfortable, either on a chair or bed
- 🌈 We then focused on our breathing, trying to ignore any other thoughts that popped into our heads
- 🌈 Breathe in through your nose for 3 counts, pause, then breathe out through your mouth for 5 counts
- 🌈 We continue this until we felt calm and relaxed

The second method is **Progressive Muscle Relaxation**. This is done by:

- 🌈 Closing our eyes and getting comfortable
- 🌈 Take a few deep breaths to relax ourselves
- 🌈 Starting at your feet, squeeze your toes and foot tight for at least 5 seconds, then relax the muscles
- 🌈 Then do the same with your legs, tummy, arms and face.
- 🌈 Our muscles should feel tight when squeezing but stop or ease off if it is painful



The final method is **Guided Imagery**. This is achieved by:

- 🌈 Closing your eyes and taking some deep breathes
- 🌈 Imagine a baby wave flowing over your body and filling you with calm, cool feelings. When you breathe out the wave goes back into the sea, slowly washing away your worries and sad feelings
- 🌈 Imagine you are in your favourite place, this could be real or imaginary



- Take some time to imagine what you can see, what you can hear, what you can smell and taste and what you can feel on your skin
- Spend some time in this place imagining all these things and enjoy being there
- When you are relaxed and ready, take a few more deep breathes then open your eyes

