

<p>Square Breathing</p> <ol style="list-style-type: none"> 1. Breathe in, count 1, 2, 3, 4. 2. Hold, 2, 3, 4. 3. Out, 2, 3, 4. 4. Hold, 2, 3, 4. 5. And again. 	<p>Love your belly</p> <p>Get comfy and rest a hand on your belly. Breathe in deeply through the nose and feel your belly expand outwards. Then breathe out through your mouth as the belly relaxes back.</p>	<p>Puppy train your mind</p> <p>An unfocused mind is often an anxious one. For one minute, train your brain to focus on a simple action, such as eating a single square of chocolate. Immerse yourself in your senses and let everything else pass you by.</p>	<p>The big squeeze</p> <ol style="list-style-type: none"> 1. Clench all your muscles and breathe in. 2. Hold it for a count of 10. 3. Breathe out slowly as you release the tension. 4. Repeat. 	<p>Find your happy place</p> <p>Go somewhere you won't be interrupted. Imagine a place where you feel happy, grounded, warm and looked after. Picture it with as much detail as possible.</p>
<p>Count the colours</p> <ol style="list-style-type: none"> 1. Pick a colour (i.e., red) to focus on. 2. How many red things can you see? 3. Close your eyes. How many red things can you imagine? 	<p>Stand up straight</p> <ol style="list-style-type: none"> 1. Plant your feet on the floor. 2. Straighten your back from the tailbone upwards. 3. Breathe deeply and let your shoulders relax. 	<p>Count down from 5</p> <ol style="list-style-type: none"> 1. What FIVE things can you see? 2. What FOUR things can you hear? 3. What THREE things can you smell? 4. What TWO things can you touch? 5. Take ONE big deep breath. 	<p>Water Water</p> <p>Let the calmness flow in and the anxiety flow out as you slowly drink cold water. Focusing on the feeling as it passes down your throat can distract your mind from worry.</p>	<p>Hands on</p> <p>Feel your way to peace by tracing a path around the thumb and fingers with a finger from your other hand. Breathe in and out as you move up and down the fingers.</p>
<p>Let it RIP</p> <p>Free your mind from those anxious thoughts by writing them down. Once you've got it all out, rip the paper into tiny pieces and throw them in the bin.</p>	<p>List it</p> <p>When you are overwhelmed, a to-do list can help you find clarity. Include everything, big and small. Strike through the unimportant, then tackle the simplest task first – a quick win can restore your sense of control.</p>	<p>Worry date</p> <p>Rather than worrying right now, make the decision to do it later. Scheduling your worry is a way of giving yourself permission to relax into a worry-free present. It's a date!</p>	<p>Shoot the Parrot</p> <p>Dissing yourself? Imagine negative self-talk is coming from a bad-tempered parrot squawking in your ear. Then take aim and shoot him off your shoulder.</p>	<p>Fake it</p> <p>Cheat your way to chill-out! First imagine how calm you would like to feel and then act it out: smile, breathe deep, stand and walk tall. After 10 minutes, check out how the real you feels.</p>
<p>3 Good Things</p> <ol style="list-style-type: none"> 1. Think over your day so far. 2. Identify 3 good moments. 3. Jot them down. 4. Relive them by remembering them in detail. 	<p>Bliss out</p> <p>If things are tough, think of a time when you felt happy and free. Research shows that you can boost your mood by reflecting on a positive memory. What's your favourite bliss moment?</p>	<p>Talk thanks</p> <ol style="list-style-type: none"> 1. I'm thankful for this person... 2. I'm thankful for this place... 3. I'm thankful for this experience... 4. I'm thankful for this mistake... 	<p>BFF Yourself</p> <p>Notice when you are talking down to yourself and then imagine sharing these harsh self-criticisms with your kindest friend. What would they say? Hear their words and let yourself believe them.</p>	<p>All the feels</p> <p>Repeat after me: feelings are not facts. Separating what you are feeling from the actual facts of what is going on can help you to take effective action to sort a problem out.</p>

So what? <ol style="list-style-type: none">1. List each of your worries.2. Write down the what-ifs for each worry.3. Counter as many as possible with a so what?4. Work out the practical steps to alleviate the leftover worries.	Pace it out <p>Move your body and move anxiety along. Find a bigish space and start pacing back and forth, really feeling the sensations in the soles of the feet. Go as fast or slow as you like.</p>	Rate it <ol style="list-style-type: none">1. Rate your anxiety from 1 to 10.2. Set a timer for 1 minute.3. Remember, all things pass.4. Rate your anxiety from 1 to 10.5. Repeat if needed.	Write without thinking <p>Pushing feelings away can make them come back even stronger. When you are in wobbly mode, try simply allowing the feelings to be there. When we stop rejecting our feelings, they get easier to live with.</p>	Bodyscan <ol style="list-style-type: none">1. Sit or lie down.2. Notice what you can feel in your feet.3. Work up the body, noticing the feeling in each part.4. Don't judge or try to change anything.
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