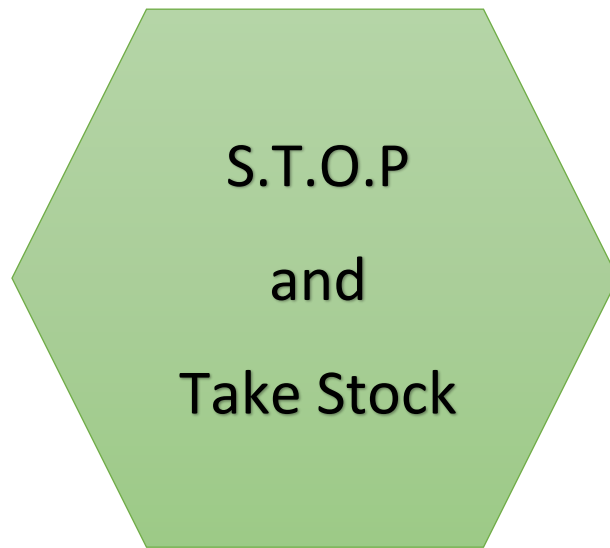


## BREATHING

1. Close your eyes.
2. Inhale - deep breath while counting to 4 in your mind.
3. Hold for a second.
4. Exhale – elongated breath while counting to 8 in your mind.
5. Repeat for up to a minute.

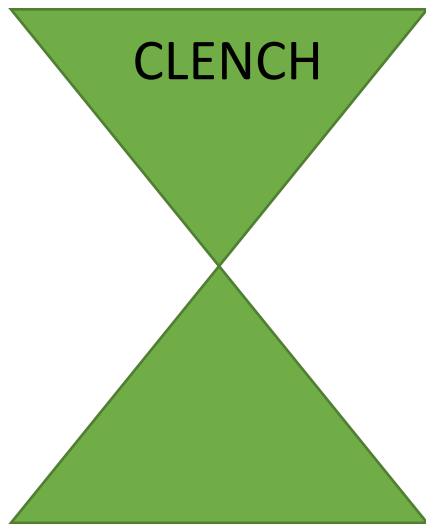




## COGNITIVE PROCESSING

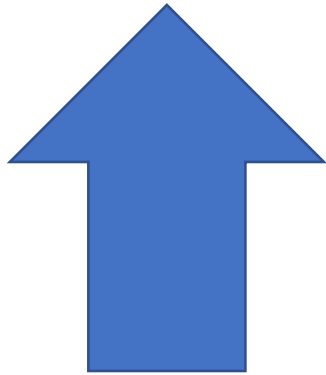
1. S: Stop and take stock. What is my experience right now? Thoughts? Feelings? Physical sensations?
2. T: Take a breath. Use breathing technique above.
3. O: Observe your experience.
  - i. Examine thoughts, feelings and emotions. Remind yourself that these thoughts are not facts, they are not permanent.
  - ii. Examine physical sensations. Tensions, body pains, slumped in chair, rigid shoulders, clenched jaw, shallow breathing.
  - iii. Look around you again with fresh eyes. Observe without expectations of outcomes and with openness and curiosity to what might come next.
4. P: Proceed with something that further supports you. Walk around, drink a beverage, look outside the window, pet your dog.



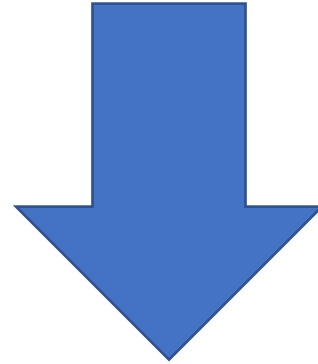


### MUSCLE RELAXATION

1. Sit back in your chair or lie on a flat surface.
2. Notice all physical sensations.
3. Deliberately tighten your muscles – clench your fists, close your eyes, bring tension to your limbs, head, neck, torso, hold your breath – count to 10.
4. Now let go. Unclench everything.
5. Repeat twice.
6. Notice the difference between when you are clenched and when you unclench.
7. Are there some parts of your body that continue to stay tense?
8. Practice breathing as above to fully unclench.



**ACCELERATE**



**DECELERATE**

## **ANXIETY REDUCTION**

1. Get up.
2. Run or quick jog in spot or across the room if possible.
3. Try to make your heart accelerate faster.
4. When you feel the pounding is louder – slow down your steps and stop.
5. Now practice breathing to slow your heart rate and return to normal.

