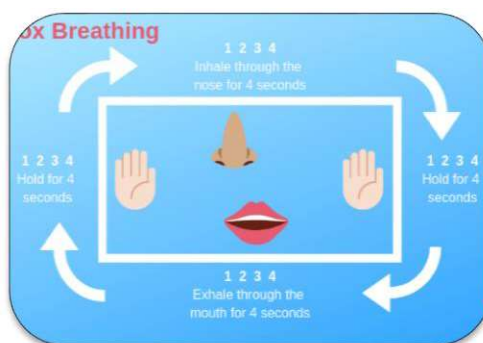


## Controlled breathing



### Hand breathing

Move your finger of one hand up and down the fingers of the other hand. Breathe in and out as you go up and down your fingers

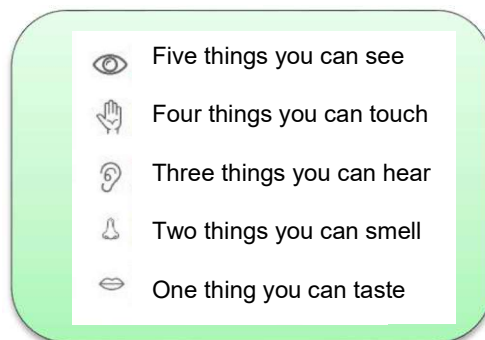


### Box breathing

Draw a box or imagine one in your head. As you follow the box up one side, breathe in, as you follow the box round, hold the breath, and repeat, going round the box.



## Distraction techniques



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### Colours

Find five things in the room that are yellow/ blue/ green etc

## Progressive muscle relaxation



### Squeeze a lemon

Imagine you have a lemon in your hand. Squeeze it really really tight. Think about how your hands and arms feel. Count to 5... and relax.



### Stretch like a giraffe

Imagine you are as tall as a giraffe. Stretch your neck, your arms and your legs as far as you can. Think about how they feel. Count to 5..... and relax.

## Other strategies



### Imagine your favourite place

Where is it? What can you see? What can you hear? Think about your senses whilst imagining your favourite place



### Positive coping statements

I can do this  
It is just anxiety  
These are just thoughts