

# CALM AND IN CONTROL

When we are stressed, our minds race, and our body starts to react with physical symptoms such as increased breathing rate, increased heart rate, and increased blood pressure. It starts to become hard to think straight.

# STOP BREATHE THEN THINK

## **Breathing technique:**

Try this simple breathing technique to slow down your physiological symptoms of stress/anxiety.

Its not relaxation- it will keep you feeling focussed and alert, but more calm and in control.

Take a breath in for 3-5 seconds (through the nose if possible)

Hold the breath for 1 second

Release the breath taking 3-5 seconds

Repeat- for a minute

## **Attention switching Technique**

If your mind is still racing, you can also try a distraction technique.

Say to yourself STOP, and then take yourself through a mundane task- such as spotting all the green things in the room, going through the alphabet to people's names (Andy, Becky, Carl...etc)

**This overloads your working memory with benign thoughts and gives you chance to slow down the body's stress response**