

Daydreaming & Visualisation

Lots of people find visualising scenes such as a calming and safe place or a really lovely memory a helpful coping tool when they are feeling particularly anxious or distressed. It can be really helpful to start practicing it when you're not feeling at your worst so that it will come more naturally and easily when you do need it in a time of crisis.

Relaxation techniques

There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing**
- Progressive Muscle Relaxation**
 - Guided Visualisation**
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)**