

Give Yourself a Hug

- A hug sends a message to your brain that you are safe and secure.
 - Hug yourself for 10-20 seconds.
- Closing your eyes whilst doing this exercise can very quickly enable you to feel better.
 - Say the affirmation out loud “I am safe.”

Box Breathing

- A breathing strategy to calm, soothe and to feel more in control.
 - Keep breathing and visualise a square.
- When feeling anxious our breathing can speed up and feel out of control. This technique allows you to gain control again.