



## Tense and Relax

- ✚ Tense your chest, arms and make a fist
- ✚ Take a deep breath and hold for a count of 3
- ✚ Slowly breath out through your mouth noticing your lips and arms
- ✚ Simultaneously, unwind and notice your chest widening, arms loosening and slowly open your hands
- ✚ Imagine all the pent-up energy being released through your arms, hands (Tip: Imagine your hand creating a bubble of energy and allowing it to fly away)
- ✚ Notice 3 sounds, colors and bodily sensations (such as the feet touching the ground)
- ✚ Tell yourself 'It's solvable'

Some tips for breathing exercises:

- a) allow plenty time for your outbreath
- b) pause a moment before taking the next inbreath
- c) notice your arms and legs while breathing out