

# 10 EXERCISES TO CALM DOWN NOW



## **Boxed Breathing:**

1. Exhale for 4 seconds.
2. Pause your breath for 4 seconds.
3. Inhale for 4 seconds.
4. Hold your breath for 4 seconds.
5. Repeat



## **Pursed-Lip Breathing:**

1. Inhale for 2 seconds through your nose and inflate your tummy.
2. Exhale for 4 seconds (or longer) through your mouth. While you're exhaling, purse your lips together as if you're blowing a kiss.
3. Repeat.



## **Pushing Out:**

1. Keep your knees loose, feet slightly apart, and exhale as you bend over at the waist.
2. Keep reaching downward until you can wrap your hands around your ankle (or as low as you can comfortably go).
3. Slowly return to the upright position. Inhale slowly and deeply as you come up.
5. Reach your arms above your head and hold your breath.
6. Exhale and bring your arms down to your sides.
7. Repeat.

# 10 EXERCISES TO CALM DOWN NOW



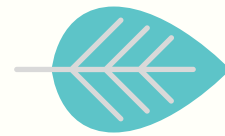
## **Qigong:**

1. Stand with your feet shoulder-width apart, keep your knees slightly bent and arms relaxed by your side.
2. Slowly bring your arms inward and upward. Inhale slowly through your nose and fill your belly with air.
3. Keep lifting both of your arms upward until you feel a full stretch in your body. Tilt your head backward and look at your hands.
4. Pause your breath.
5. Bring your arms down to your sides and exhale slowly through your nose..
6. Pause your breath.
7. Repeat.



## **Dance:**

Put on your favourite beat and just shake it off.



## **Practice Mindfulness:**

1. Find a quiet place, sit comfortably and close your eyes.
2. Focus on your breathing and notice how your body feels. Relax your muscles where you feel tension.
3. Shift your awareness to what's going on outside your body. What do you hear, smell, and feel around you?

# 10 EXERCISES TO CALM DOWN NOW



## **Take a Walk:**

Take a leisure stroll outside and get some fresh air.



## **Drink Water:**

Take small sips of water and swallow slowly. Feel the water travel down your throat and imagine the droplets hydrating every part of your body and relaxing you.



## **Visualization:**

1. Close your eyes and breathe slowly through your nose.
2. When you inhale, imagine yourself absorbing positive, bright energy from your surroundings. Picture the energy you're absorbing in the form of a white light.
3. When you breathe out, imagine yourself breathing out negative and dark energy. Picture the energy you're removing in the form of a dark cloud.



## **Acupressure**

Try one of these acupressure points for anxiety relief.