

Self-Care and Relaxation Techniques

These techniques can be used to help you relax and increase your sense of wellbeing.



BREATHING EXERCISE

1. Place hand on the stomach and one hand on the upper chest.
2. Count to 4 while you inhale, pause and then count to 4 as you exhale.
3. Breathe in a way that moves your lower hand only.

GROUNDING EXERCISE

Grounding helps us reorient into the here and now. It is useful if you are feeling overwhelmed or anxious, and unable to control worrying thoughts.

FIND

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can taste
- 1 thing you can smell

GRATITUDE EXERCISE

Today I am grateful for...

- 1.
- 2.
- 3.

WHAT ONE THING ARE YOU GOING TO DO FOR YOUR SELF-CARE THIS WEEK?

For example:

- Take a walk in nature.
- Catch up with a friend.
- Prioritise sleep.
- Write your feelings down in a journal.
- Read inspirational quotes.

