

Stress and Anxiety Management

In The Moment Techniques

- Slow deep breaths – filling your lungs and breathing into your stomach and gently releasing, repeat as required.
- Box breathing – deep breath in for a count of 3s, hold for 3s, release for 3s, hold for 3s, repeat as required.
- Grounding – wriggle your toes in your shoes wherever you are and feel how they connect to the ground.
- Progressive muscle relaxation – can be as simple as contracting the muscles in your hands and gently releasing or you can work from top to toe tensing and relaxing all the muscle groups in your body.

The information above is designed to improve your ability to cope with stress. If at any stage your stress levels are feeling unmanageable, you should consider discussing it with your GP for a potential further referral.



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After The Moment Has Passed

- Gentle exercise – any form of movement that you enjoy.
- Mindfulness/meditation – download a good app with guided sessions.
- Journalling – writing down what happened and how it made you feel and reflecting on why.
- Calling a close friend/family member – sharing your experience with someone that you trust will allow you to vent your feelings and will help you work through your feelings. It is also good to involve those who support you in what is happening in your life.