
The background features a light blue field with several large, stylized gears in various shades of blue. In the center, there are three concentric yellow circles. The text is centered within the innermost circle.

It is normal to sometimes feel overwhelmed by emotions or the many things you might have to do. Our minds are often very busy worrying about the future or thinking about the past. Sometimes we need to help refocus our thoughts through activities or by grounding ourselves in the present moment.



There are lots of different relaxation techniques that some people find help them when they are feeling stressed or overwhelmed.

This may be taking time out to do things you enjoy, like listening to music or going outside.

Here are some suggestions of some other calming activities. Try these when you are feeling stressed, anxious or overwhelmed. Try one or all of them, different things may work for different people. You may need to repeat an exercise a few times before you notice any changes.

1

Breathing exercises that focus on taking long deep breaths can help you feel more calm.

2

Drawing can be a good way of expressing your emotions and doing something creative has also been proven to reduce stress.

3

Writing down your thoughts and worries and placing them into a worry box can help you let go of these feelings for a while.

Breathing and Grounding Exercise



Taking slow deep breaths can help you to feel calmer and more relaxed. Try this breathing exercise, you may need to repeat it a few times to feel a change.

1 Find somewhere you feel comfortable and sit on a chair with your feet touching the floor and back straight. You might want to place one hand on your chest and the other on your tummy.

2 Practice taking some long deep breaths, feeling your chest rise and expand. Then slowly exhale through your mouth trying to relax your shoulders down as you do this.

3 Try to imagine that you are smelling a flower on the inhale as you breathe in through your nose and hold for four seconds. Before letting it all out and exhaling for four seconds

4 You might want to stay focused on breathing, but you can also work on bringing your awareness to your senses. Focus on the feeling of your feet on the floor and your body in your chair

5 Try and let go of other thoughts and focus on what you can feel, smell, hear and taste. You can name these things out loud or just note them in your head.