

EMERGENCY STOP

When tense or anxious say internally to yourself STOP.

This gives your mind instruction that you are in charge!

Take at least three full breaths.

With each out-breath let your shoulders sink down towards your feet.

Allow the out-breath to be longer than the in-breath, because this is where the relaxation occurs.

You could repeat an affirmation, example, 'I am calm, relaxed and in control'.

