

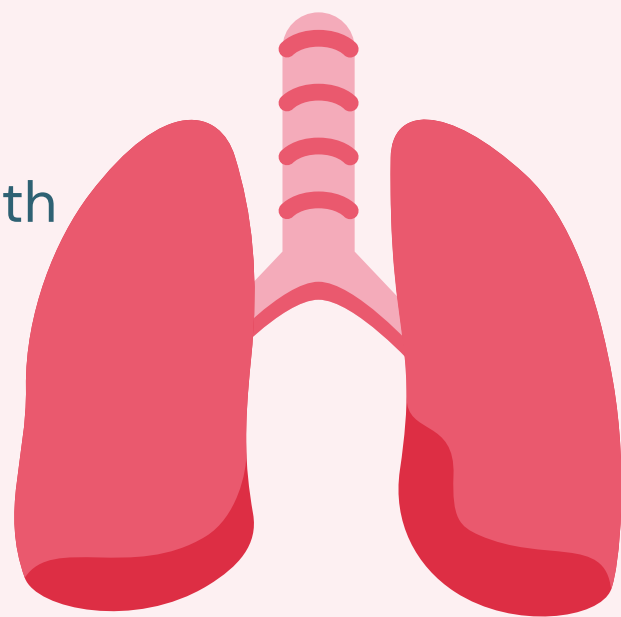
A few ways to feel calmer in the moment

Often, when we are feeling overwhelmed, we are usually so caught up in our own thoughts that we are unaware of what's happening around us, how we're behaving, or how our body is feeling.

In moments like these, it can be hard to slow down our thoughts and it can feel as if more and more anxious thoughts are present. This is why it is important to take a moment for yourself to re-centre and relax.

Take some deep breaths

When we are anxious, our breath often becomes rapid and shallow. Deep belly breathing helps decrease anxiety by lowering our heart rate and blood pressure.



Try inhaling deeply for a count of 4, holding your breath for a count of 4, and exhaling for a count of 4. Repeat several times.

Try a meditation exercise

Sitting down, take a few deep breaths, in through the nose, and out through the mouth, feeling the breath move through the body, the rising sensation as you breathe in, the falling sensation as you breathe out. Do this a few times, then allow the breath to return to its natural rhythm. Begin to focus your attention on the physical sensations.



Sip some herbal tea

If you are feeling anxious, pour yourself a cup of green or chamomile tea.

Be present in green and blue spaces

Spending time in nature lowers our blood pressure, heart rate, and our body's production of the stress hormone cortisol.



Pen your feelings

Write about how you are feeling, as often, writing down what you are anxious about can help to significantly improve feelings of anxiety.



Go for a walk

Going for a walk creates a diversion from your worries and releases muscle tension. It boosts your confidence and your mood.

Thirty minutes, 3 to 5 days a week can help to significantly improve your anxious feelings. but even 10 minutes can make a difference.



Do a leisurely activity

Long term, regular movement triggers the release of feel-good neurochemicals in the brain, building up resilience against stormy emotions.



Rest

Lie down in a cool room and close your eyes for a bit. Focus on your breathing. This may help you relax and re-centre yourself.

