

# Feeling anxious?

## Try these 10-minute techniques

Anxiety is a feeling of unease, worry or fear. It is a common emotion that many of us experience, but can also present itself as an anxiety disorder. There are various techniques you can try to help reduce the intense physical and emotional feelings you are going through. The following ten-minute techniques can be repeated as often as needed.

### Progressive Muscle Relaxation

#### How you do it:

Find a quiet, comfortable place to sit where you can safely close your eyes. Take off your shoes and put both feet squarely on the floor. Take a slow deep breath in, whilst clenching/tensing the isolated muscles in your feet. Hold for 5 seconds then exhale slowly as you release the tension in the muscle group. Repeat this for each isolated muscle group, working up towards your head.

**How it helps:** It helps you to notice when you are becoming tense and helps calm anxiety-related tension.

### Adrenaline Burn-Off

#### How you do it:

When you are starting to feel anxious, undertake something physically active for 10 minutes to burn off the excess adrenaline your body is producing. This could be in the form of star jumps on the spot, going for a run outside, hoovering the house, aerobics – anything that is high impact.

**How it helps:** By doing a short spurt of intense physical activity you are using up excess adrenaline which can help you feel calmer.



### 5,4,3,2,1 Grounding

#### How you do it:

Look around you and notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Practice paying close attention to the sensations you feel and the details you notice.

**How it helps:** This technique works by bringing every part of your being back into the present, by getting you to focus on your senses.

