

Feeling anxious?

Try these 10-minute techniques

Grounding

5, 4, 3, 2, 1. Name five things you can see, four things you can feel, three things you can hear, two things you can smell, one thing you can taste.



Relaxation

In a quiet place, take a slow deep breath in, tensing a muscle and then slowly breathing out to relax it. Start at your feet and work up through the body to your eyes.



Adrenaline

Undertake something physically active for 10 minutes to burn off the excess adrenaline your body is making.



To learn more about anxiety visit:
mentalhealth-uk.org/anxiety-disorders