



THE 60-SECOND TRANQUILLISER

This is a quick and easy breathing technique to bring rapid relief when needed.

Using positive thoughts will activate the parasympathetic nervous system and help you switch off your fight/flight reaction. It is the perfect solution to rapidly calm nerves, focus the mind, and help you think more clearly.

You can use this simple and powerful exercise at any time when you feel worried, tense, nervous or anxious.

The benefit of this exercise is that it can be done anywhere and at any time, either sitting down or standing up. You may close your eyes if it's safe to do so or, if you prefer, keep them open.

- ◆ Say firmly but silently to yourself – TAKE CONTROL
- ◆ Repeat – I CAN DO ANYTHING I WANT TO and breathe out slowly.
- ◆ Slowly breathe in through your nose and then out through pursed lips, allowing the abdomen to soften and rise on the in-breath then deflate and return to normal on the out-breath.
- ◆ PAUSE
- ◆ Slowly repeat this for 6-8 breaths over one minute with the out-breath being slightly longer than the in-breath.
- ◆ Say to yourself each time – I AM BREATHING IN PEACE AND BLOWING TENSION AWAY
- ◆ Each time you breathe out, make sure you relax your face, jaw, shoulders and hands.
- ◆ If your symptoms persist, repeat this technique for 3-5 minutes until you feel calm and relaxed.

**ABDOMINAL BREATHING REVERSES AND HELPS CONTROL WORRY,
TENSION, STRESS, ANXIETY AND PANIC.**

REMEMBER - IF YOU ARE RELAXED – YOU CAN'T BE TENSE!

Always consult your GP if you are concerned about your health