

WELLBEING RESOURCE

PROGRESSIVE MUSCLE RELAXATION (PMR)

When you have been feeling anxious or stressed, do you notice your shoulders tighten or your neck feel painful? When anxious feelings overcome us, our muscles can become tense - PMR can help this.

1

Start by taking in a really deep breath. Hold it for ten seconds, Release it, experience the sensation of tension leaving your lungs.

2

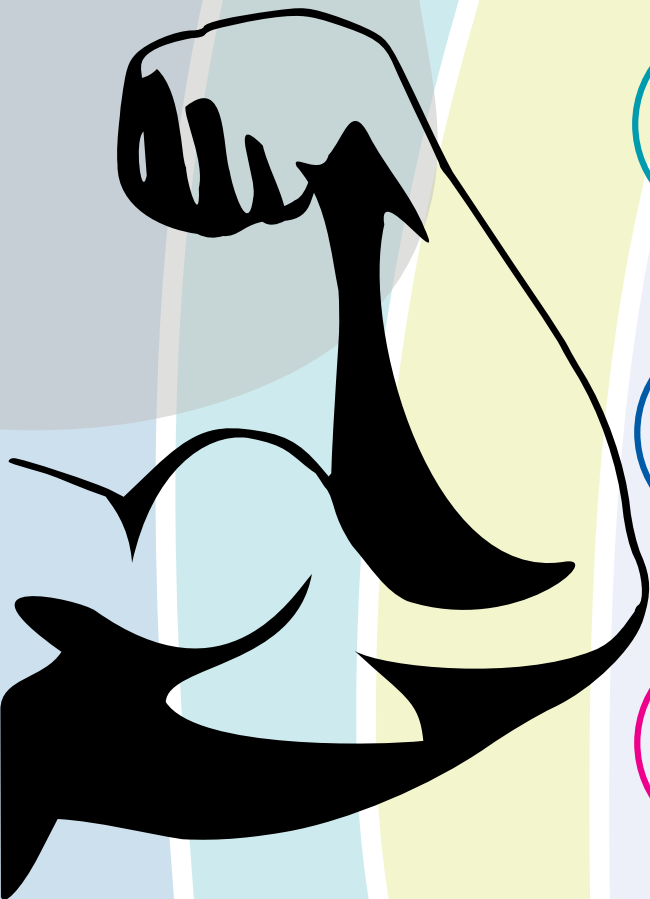
Following this, tighten your toes as much as you can (without causing pain). Hold for ten seconds. Release and experience the tension leaving your foot.

3

Slowly do this throughout the muscle groups all over your body and see how it feels to relieve the tension.

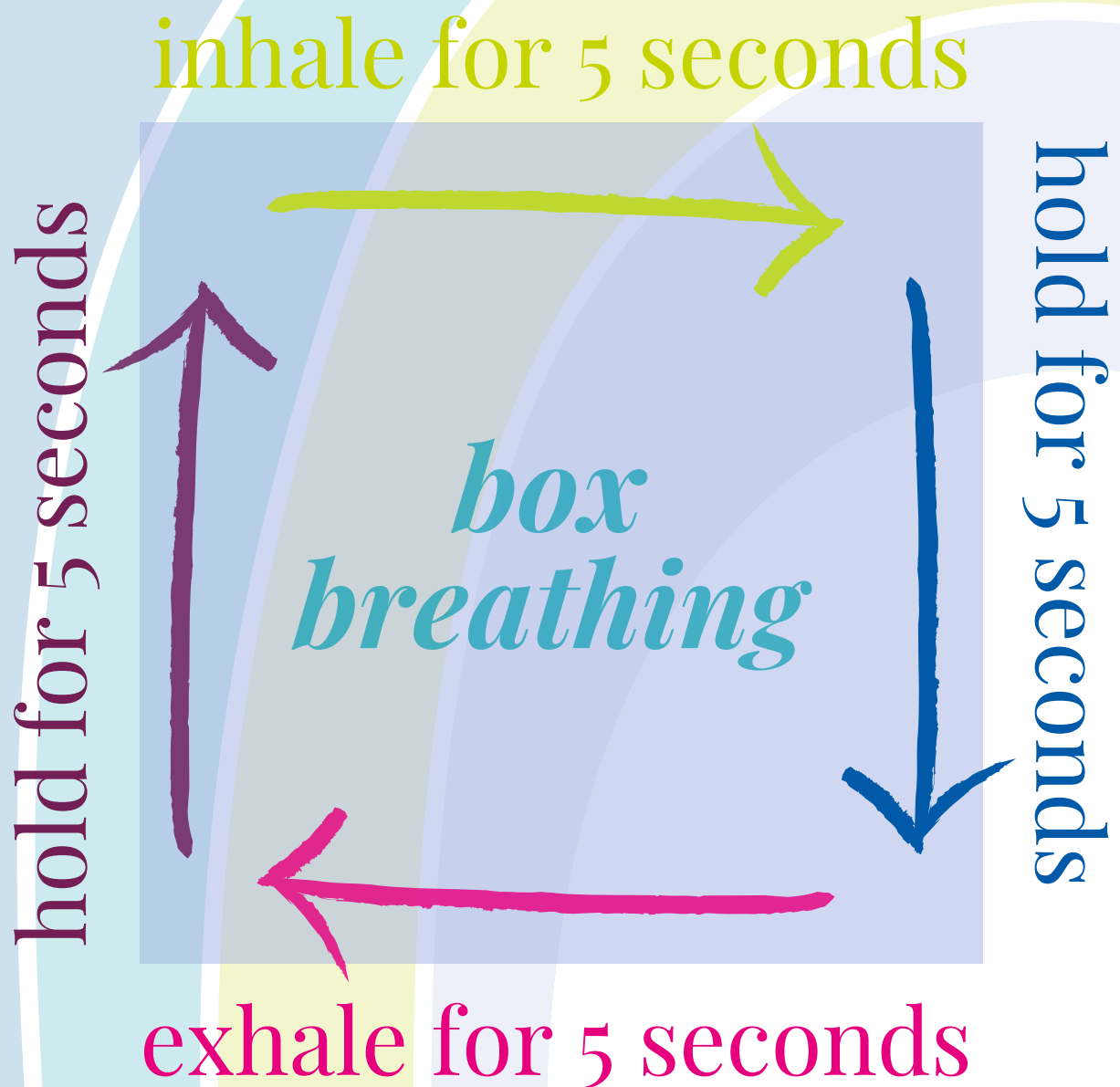
4

Practice makes perfect - PMR will help you feel less tension immediately but with practice you will learn what works for you and notice when you are experiencing tension.



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Box Breathing is a relaxation technique that is designed to reduce feelings of stress. You can practice box breathing with the following technique:



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Grounding Technique

Using the following method when you feel anxious or panicky can aid you to ground yourself back to the present moment - think of:

A large, stylized number 5 with a gradient from orange to pink.

things you can see

A large, stylized number 4 in a dark blue color.

things you can feel

A large, stylized number 3 inside a teal circle.

things you can hear

A large, stylized number 2 in a yellow-green color.

things you can smell

A large, stylized number 1 inside a purple circle.

thing you can taste

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STRESS CONTAINER

Step 1:

What external factors in your life are causing you stress at the moment?

Step 2:

What stresses are you carrying around with you?

How full up is your stress container (0-10)

Step 3:

What are you doing to offload/vent the stress in your container?

