TAKE TWO MINUTES TOWARDS A THRIVING MIND

CALMING SKILLS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our body response may be 'fight or flight'. Humans are designed like this. It is meant to keep us safe.

It isn't always helpful though. Calming (also known as grounding) can help us 'turn down the volume' of this bodily response.

Why not practice some calming skills and plan (while you are not overwhelmed) to use them when you need to?

If you happen to feel worse after trying these techniques, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

2 MINUTE TRY-IT — RELAXED BREATHING

Shallow and rapid breathing is normal during our body's 'fight or flight' response to being overwhelmed.
Reverse this with some deep breathing. This will help tell your body you are, in fact, safe.

Deep Breathing
Slow 'belly breathing' works well as a deep breathing technique.
When you breathe in, let your tummy rise or get bigger.
Make your 'out breath' take longer than your 'in breath'.

Puckered breathing
Breathe in for 2 seconds, normally. Breathe out for 4 seconds through puckered lips (as if you are blowing into a straw).
Repeat. What an impact this simple technique has!

If this helped you today, try more calming skills and our other wellbeing materials at www.tinyurl.com/ThrivingMind