

STOP, BREATHE DE-STRESS EVERYTHING

Breathing Exercise 1

Stay Grounded

1. Sit in a comfortable position with your feet flat on the floor and your hands placed palm upwards on your lap.
2. Imagine your first lift, it's just like every other, you've done this countless times in the gym. You've got this!

3. **Breathe in** for your count of 5, counting in the direction 1-5.
4. **Breathe out** to your count of 10, counting in the direction of 10-1.

During this breathing exercise you may feel that as you breathe in, your space rocket is preparing for take off and as you breathe out the fire from your space rocket is slowly being blown out, keeping your rocket grounded.

5. You may want to repeat this exercise a few times and practice it with your eyes closed when you feel happy to do so.
6. You could try this exercise when you feel you want to relax or distract yourself.
7. Reflection time- you may find it useful to score how helpful this exercise was to you in different situations.



Breathing Exercise 2

Loosen your Grip

1. Make a fist with your hands.
2. Breathing in for your count of 5 slowly release one of your fingers, once the finger is released and you have counted to 5, slowly breathe out to your count of 10.

5. As you locate each toe breathe in for your count of 5 and before moving to the next toe release the breath to your count of 10.
6. You may wish to repeat this exercise a few times.
7. Reflection time- You may find it tricky to locate each toe but that is part of the fun of this exercise.

There is no right or wrong way to do any of the Breathing Exercises.

Breathing Exercise 3

Feet Planted

1. Feel your feet flat on the ground.
2. If you are happy to do so close your eyes while you do this exercise.
3. Begin to think of your toes and see if your mind can find them.
4. See if you can locate each toe.

7. Reflection time- You may find it helpful to make a note of how you were feeling before, during and after this exercise.

3. Now continue to repeat step 2 for each of your fingers and your thumbs.

4. Once you have released both fists you may want to repeat the exercise again.

5. This exercise can be very helpful for situations where you feel that you are in Fight, Flight or Freeze mode.

6. It may help the body deal with an adrenaline rush and help slow our heart rate and breathing down



Meditation Exercise

1. Start with a deep breath in and slowly release the breath out. Tighten, hold and then release the muscles in the head and face. Think of how your head and face feel as they relax against the pillow.
2. Then focus on the neck and shoulders. Again, take a deep

breath in and slowly out while tightening and then relaxing the muscles. Then move the attention to the back. Breathing in and slowly out, tighten, hold and then release the muscles in the back. Think of how your body feels on the bed.

3. Then move the attention to the arms and hands. Breathing in and then slowly out tighten, hold and release the muscles in this area. Feel the tension leave your hands as you

release the muscles. Rest your hands on the soft sheets.

4. Now move your focus to the legs. Breathing in and slowly out tighten, hold and then release the muscles in the legs. Think of how they feel and then allow them to rest gently on the bed.

5. Bring the attention to your feet. Take a deep breath in, and slowly out. Tighten, hold, and then release the muscles in the feet. On releasing the muscles imagine tension

and any worry leaving your body.

Say to yourself: "I am relaxed and ready to show what I can do on the platform, I've done the work, now it's time to trust the process"

Repeat "I've done the work, now it's my time"

Bring your attention back to the breath and think of the waves of the sea as you drift off to sleep.

This technique may not work the first time, but practice will help train your mind to settle.

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