

- Release tension
- Feel less agitated
- Heal

3. Breathe in expand your chest **Breathe out** release anxiety

4. Breathe in draw shoulders back, tense arms and hands **Breathe out** release

Breathe through your nose, if you can Feel your breath in and out

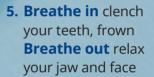
Breathe out relax your feet and let go

1. Breathe in curl your toes

Breathe in tense your legs Breath out let go

2. Breathe in squeeze your core

Breathe out relax



6. Breathe in tense whole Breathe out let tension melt away

Keep breathing gently for about 10 minutes. Let go of focus and effort.

When you are ready, Flex your fingers and toes.

Stretch and roll over on to your side.

To ease your back place a rolled up blanket or pillow under your knees

Tips

- Breathe steadily observe your breath without judgement
- If you are distracted be kind to yourself. Do not worry. Return to your breath.
- Write in confidence to one of our friendly letter writers for guidance.

Cautions

- Check with your mental health team if this is appropriate for you, especially if you have PTSD, depression or are experiencing flashbacks.
- Do not practise under the influence of alcohol or drugs.