

- **Release tension**
- **Feel less agitated**
- **Heal**

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

1. **Breathe in** curl your toes  
**Breathe out** relax your feet  
and let go  
**Breathe in** tense your legs  
**Breathe out** let go

2. **Breathe in** squeeze  
your core  
**Breathe out** relax

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

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

5. **Breathe in** clench  
your teeth, frown  
**Breathe out** relax  
your jaw and face

6. **Breathe in** tense whole  
body  
**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.