

Distraction Techniques

If you're feeling panicked, try to remember 5, 4, 3, 2, 1:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- Take 1 long, deep breath.

Count Your Environment

Focussing on the world around you can help distract you from anxious thoughts. Examples of counting can be:

Counting the number of bricks in a wall, or number of ceiling tiles above you.

Name as many words as possible beginning with the starting letter of your name.

Count passing cars or people.

Count backwards from 100.

A Simple Breathing Exercise

Find a quiet environment and sit comfortably with your eyes closed.

Breathe in through your nose for 4 seconds

Hold this breath in for 2 seconds

Focus on your chest expanding as you breathe in

Breathe out through your mouth for 6 seconds

Focus on your body softening as your breath leaves your body

Repeat this routine as and when you are feeling anxious. Try to get into the habit of practicing five minutes of breathing daily, perhaps in the morning as you get ready for the day.