



#Time2ThinkofU

#Time2Calm

Time2Calm is about 5 simple steps that you can use—either together or separately to greatly reduce the amount of stress or anxiety that you might be feeling at any given time. Using Calming techniques is known to: Reduce Blood Pressure, Reduce Heart Rate, Improve your Circulation, Decrease Muscle Tension, Improves Thought Processing, Increases your overall wellbeing and even Improves your Immune System



A known Breathing Relaxation technique is known as **4-7-8 Breathing**

- Whilst closing your mouth, inhale through your nose for a count of **4**
 - **Hold** your Breathe for a count of **7**
 - Exhale through your mouth (making a quiet Whoosh sound) for a count of **8**
- This is one Breathe cycle.** Repeat this cycle **4** times for optimal results

Similarly to Breathing Techniques, **Controlled Counting** can help to relax you

- Choose a **specific number** that you would like to count to
 - **Count Slowly** (aloud or silently) **Inhaling and Exhaling** between each number
- Repeat** your counting sequence until you begin to feel calmer. Sometimes **Closing your Eyes** during counting and breathing can help.



A Further known Relaxing Technique is **Progressive Muscle Relaxation (PMR)** which can be performed with most parts of the body

- **Tense** the muscles in a specific part of your body whilst **Exhaling**
- **Hold** for between a count of **5-10**
- **Relax** the tensed muscles whilst **Inhaling**

Repeat this either in the **Same or Different Area** until you are feeling calmer. Try **Giving yourself a Hug** for Optimal Muscle Tension

Getting up and Moving around will help reduce Stress and Anxiety

- If you sitting, **Stand** up and **'Shake Yourself Off'**
- Similar to PMR—Perform some **Gentle Muscle Stretches**
- Go for a **Walk** to help clear your thoughts

Performing these **Together** will help you achieve optimal calming results



Give yourself a **Break** and **Remove Yourself** from whatever you are doing or the stressful situation

- **Setting a Timer** can help establish a distinguished break
- Choose a **Relaxing Environment** to go to
- In this time do something you **Enjoy** to help you relax (ie. **Listen to Music**)

Ensure you are **Calm before you Return** to what you were doing