

HAND-BREATHING GAME

1. Slowly raise both your arms, elbows slightly bent like conducting an orchestra. Breathe in as you raise your arms upward.
2. Slowly lower your arms and breathe out as your arms lower.

Start with at least three slow, calm rounds. Then you can start to vary the speed and the height of the arms. Have fun with it. You can pause the arms mid-raise: the breath is held in. You can stagger the breath by climbing imaginary stairs with your hands. There are limitless possibilities and variations for this practice.

But always come back to the basic three slow, calm, even rounds.

Progressive Muscle Relaxation

- Easy to Learn, Easy to do, only takes 15-20 minutes
 - Helps you feel the difference between relaxed and tense muscles
 - Calms the Body – Reduces Physical Symptoms
 - Controls Anxiety
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Find a comfortable place to sit or lie down where you will not be disturbed. Close your eyes. Tense each muscle group for about 5 seconds, then relax for 10-20 seconds. Tense and relax each muscle group two times, in the order below. Do not tense your muscles so hard that they hurt, and tense only lightly if you have an injury in that muscle area.

- 1)Clench your left fist; relax.
- 2)Clench your right fist; relax.
- 3)Bend both hands back at the wrist to tense forearm muscles; relax.
- 4)Clench both fists, bend your arms and lift your hands toward your shoulders, tensing the muscles of your upper arms; relax.
- 5)Pull your shoulders up toward your ears; relax.
- 6)Wrinkle your forehead and brow; relax.
- 7)Close your eyes tightly; relax. (be cautious if wearing contact lenses).
- 8)Clench your teeth and jaw muscles; relax.

9) Press your lips together; relax.

10) Bring your head forward and pull your chin in toward your chest; relax.

11) Arch your back and stick out your chest and abdomen; relax.

12) Take a deep breath, filling your lungs completely, and hold it for 5 seconds; exhale and relax.

13) Tighten the muscles in your abdomen; relax.

14) Tighten the muscles in your lower back and buttocks; relax.

15) Stretch both legs out in front of you, pointing your toes; relax.

16) Tighten the muscles along your shins by flexing your feet and pointing your toes up toward the ceiling; relax.

After you have tensed and relaxed all the muscle groups, sit quietly for a few minutes with your eyes closed. Practice relaxed breathing for a few minutes. Count back from 5 slowly, and transfer your awareness to your surroundings. Open your eyes. You should feel awake and relaxed. And remember, practice each day to get the most benefit.

ADAM

Anxiety Disorders

Association of Manitoba

CALM or Diaphragmatic Breathing

- Easy to Learn, Easy to Use, Portable
 - Numerous Health Benefits
 - Calms the Body – Reduces Physical Symptoms
 - Controls Anxiety
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- 1) Sit on comfortable chair; feet on floor.
- 2) Close mouth; breathe through nose.
- 3) Breathe in slowly; pushing stomach out.
- 4) Hold a few seconds.
- 5) Breathe out slowly.
- 6) As you exhale use a silent word: “*calm*” or “*peace*” or “*safe.*”
- 7) Repeat for 2 minutes; then extend to 5-10 minutes.
- 8) Practice during low tension level.
- 9) *PRACTICE DAILY.*

