Simple, quick

There are numerous different ways in which you can relax, but here are some quick techniques that may be helpful in difficult situations:

1. Breathe in slowly through your nose, imagining air trickling into your lungs; hold it for the count of 4.
2. At the same time, straighten your arms and legs and stiffen all your muscles.
3. Breathe out slowly, saying the word RELAX to yourself.
4. Let go of all the tension in your muscles
5. Close your eyes.
6. Try to remain relaxed for a few minutes.

Breathing exercises:

1. 10-second exercise: when feeling tense, say STOP to yourself whilst breathing out forcefully. Breathe in slowly through your nose, the out through your mouth, letting out all the tension and relaxing your shoulders and hands. Breathe in thinking of taking in calming influences; breathe out tension and anger, letting go of the negative feelings.
2. Paced breathing: imagine a square shape in your mind. As you breathe in (through your nose) count to 4, then hold your breath for the count of 4, breathe out slowly for the count of 4 and rest for a further 4. That is a ?turn' around your mental square. Repeat this until you feel relaxed, concentrating on the breath, not allowing your mind to wander.