

WHAT?

Temperature

Activates the Diver's Reflex, slowing down your breathing and heartrate.

WHY?

HOW?

Have a cold shower, hold some ice cubes, splash your face with cold water. Peppermint oil or a menthol balm can simulate the effects of the cold. If you have been under a lot of stress for a long time, or experiencing muscle tension and anxiety without the panic attack, try heat.

Intense exercise

Burns off adrenaline, releases feel good chemicals, improves part of your brain that is in charge of planning and problem-solving.

Pair your intense emotion with some intense exercise. Dance, run, jump, do push ups, swing your arms around.

Paced breathing

Activates the part of your nervous system that is in charge of relaxing your mind-body system.

Control your breathing. The easiest way to do this is box breathing: in for 4 seconds, hold for 4 seconds, out for 4 seconds, hold for 4 seconds and continue until you feel more clam. Some people hate to control their breath. If that's you, you can also try singing or humming.

Paired muscle relaxation

Teaches you to recognise tension, and shows you that you can relax that tension.

While you are box breathing, focus on one set of muscles at a time. Tense one group of muscles as much as possible for 5 seconds. Release and move onto the next set of muscles.