

## Relaxation Exercise

It is common to feel nervous and frightened when we remember scary things that happened to us in the past. If you find that you are becoming distressed during this presentation, please feel free to try some of these exercises.

Breathe calmly and slowly. Put your hand on the area above your belly button, and feel it go up and expand as you breathe in and then come in as you breathe out. Try counting to 5 as you breathe in and then 5 as you breathe out. Breathe in deeply through your nose and out through your mouth. Repeat a reassuring word to yourself on each breath in for example, a favourite colour or a soothing word such as "safe" or "easy".

Bring your attention to the present moment, by focusing on your 5 senses:

**Smell** – Notice any smells in the room that you are in. Name them specifically if you can. Do you smell more than one thing? What is causing the smells? Do you have a scented lotion that makes you feel calm and relaxed that you can rub on yourself?

**Sight** – Look at individual objects around you – for example, your keys, your clothing, the walls, or an object outside the window. How many different colours can you name in your room or outside?

**Touch** - Touch individual objects around you – for example, your keys, your clothing, a table, the walls. Notice textures, colours, materials, weight, temperature. Compare the different objects you touch: Is one colder? Lighter? Heavier?

**Sound** - What do you hear in your room? Or what can you hear outside? Do you recognize it? What is the quietest sound in the room that you can make out?

**Taste** – Eat or drink something, and focus on its flavour. Is it sweet, salty, sour? Do you have a favourite taste that reminds you of good times in the present?

How are you feeling now? Are you feeling calm and safe?

If so, you may want to try returning to the presentation. If not, take some more time to go through these exercises until you feel ready to return to the presentation.