

PREMIER LIFE SKILLS '60 SECOND TRANQUILLISER' ©

The 60-second tranquilliser is a useful tool to enable us to cope more easily in situations where we are fearful, anxious or in a panic.

It is important to practice this controlled breathing technique regularly, away from stressful or anxious situations, until you become quite skilled at it.

Using positive thoughts activates the parasympathetic nervous system and helps to switch off the fight/flight reaction.

Say firmly to yourself, 'TAKE CONTROL'

Repeat, 'I CAN DO ANYTHING I WANT TO' and breathe out slowly.

Slowly breathe in and allow your abdomen to soften and rise.

Pause

Slowly breathe out, longer than breathing in.

Say to yourself, 'I AM BREATHING IN PEACE AND BREATHING AWAY TENSION'

Each time you breathe out, relax your face, jaw, shoulders and hands.

Move and talk more slowly.