



## 5 steps to Emotional First Aid

### Step 2: Calming your body

On a scale of 1 to 10 how tense does your body feel right now?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

1. Do a quick scan of your body and notice where you are feeling any tension. When you notice somewhere that is tense, clench it for a moment and then relax it as you breathe out. Start at your feet and work your way up your legs, body, arms, neck and head.
2. Stand (or sit) a little straighter, with your head up and your shoulders rolled back and down. Notice how you feel a tiny bit more powerful than you did.
3. Take a deep breath in to the count of four, hold to the count of four, breath out to the count of four and hold to the count of four. Repeat 3 times, or as frequently as required.

On a scale of 1 to 10 how tense does your body feel right now?

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Hopefully your body will have relaxed a little during this short activity. Repeat regularly throughout the day.

Thoughts, feelings and reflections: