

You  
are  
amazing

*REMEMBER THAT.*

**Action for Carers Surrey**

Call us on 0303 040 1234 or visit [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)



# Relaxation ideas

Here's just a few suggestions, see what works for you!

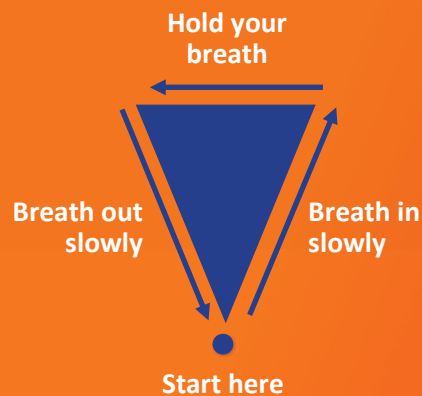
**Visualisation/Guided Relaxation...** Upside Down Triangle (*see below*)...  
**Grounding Five Finger Exercise** (*see below*)... **Relaxation Body Scan...** Calming  
Music... **Meditation...** Yoga... **Massage...** Swimming/Floating... **Mindfulness...**

*Why not join us online or face to face to join one of our  
FREE wellbeing sessions?*

## The Upside Down Triangle

Imagine an upside down triangle in front of you. Start at the point at the bottom and breath in slowly, hold your breath along the top and breath out slowly.

Repeat as many times as you need.  
This is a good technique for helping with anxiety and panic



## The Five Finger Exercise

This takes less than 10 minutes, it is very effective for relaxation and for grounding. You can use your own ideas for situations to link to each finger.

**Touch your thumb to your index finger.** As you do, go back to a time when your body felt healthy fatigue, when you had just engaged in a physical activity – perhaps played tennis, jogged or had a warm bath.



ACS0135

**Touch your thumb to your middle finger.** As you do, go back to a time when you had a loving experience – maybe a warm embrace, or an intimate conversation.

**Touch your thumb to your ring finger.** As you do, go back to the nicest compliment you have ever received. Allow yourself to really appreciate it and accept it.

**Touch your thumb to your little finger.** As you do, go back to the most beautiful place you have ever been. Dwell there for a while...