

THE ONE MINUTE MEDITATION

Take a deep breath.

Breathing in through the nose,
Breathing out through the mouth.

Breathing in feeling the lungs expanding,
Breathing out feeling a sense of letting go.

Breathing in to feel the body getting fuller,
Breathing out to feel the release of any tension.

Breathing in feeling alive and awake,
Breathing out feeling muscles relaxing.

Breathing in that sense of fullness,
Breathing out that unnecessary tension.



*For additional resources, please visit
wdhospital.org/behavioralhealth.*

Anxiety

*Simple techniques you can
use to reduce your anxiety.*



SLOWLY EXHALE

Breathe in through your nose for 4 seconds. Slowly breathe out through pressed lips (imagine you are using a straw) for 8 seconds. Repeat.



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RELAX YOUR MUSCLES

When you feel anxious, you might notice strain or tension in your muscles. This muscle stress can make your anxiety more difficult to manage in the moment you're experiencing it. By relieving the **stress** in your muscles, you can usually reduce your anxiety levels.

To quickly relieve your muscle tension during moments of anxiety:

1. Sit in a quiet and comfortable place. Close your eyes and focus on your breathing. Breathe slowly into your nose and out of your mouth.
2. Use your hand to make a tight fist. Squeeze your fist tightly.
3. Hold your squeezed fist for a few seconds. Notice all the tension you feel in your hand.
4. Slowly open your fingers and be aware of how you feel. You may notice a feeling of tension leaving your hand. Eventually, your hand will feel lighter and more relaxed.
5. Continue tensing and then releasing various muscle groups in your body, from your hands, legs, shoulders, or feet. You may want to work your way up and down your body tensing various muscle groups. Avoid tensing the muscles in any area of your body where you're injured or in pain.



THOUGHTS

Things to say out loud or to yourself while focusing on your breathing:

- “I am safe in this moment”
- “Everything happens right on schedule”
- “All is well”
- “It’s not about you”
- “This too shall pass”
- “This is a moment of suffering”
- “This won’t last forever”
- “Things are not being done to me, they are just happening”

THE 5 SENSES GROUNDING TECHNIQUE

Take a deep breath and tune in to your body and the environment around you.

Focus on:

- 5 Things you can *see*
- 4 Things you can *feel*
- 3 Things you can *hear*
- 2 Things you can *smell*
- 1 Thing you can *taste*



VISUALIZATION

Have you ever heard the “finding your happy place” expression? Painting a mental picture of a place that makes you feel relaxed can actually calm your brain and body.

When you start to feel anxious, sit in a quiet and comfortable place. Think of your ideal place to relax. While it can be any place in the world, real or imaginary, it should be an image that you find very calming, happy, peaceful, and safe. Make sure it's easy enough to think about so you can return to it in your mind when you feel anxious in the future.

Think of all the small details you'd find if you were there. Think about how the place would smell, feel, and sound. Envision yourself in that place, enjoying it comfortably.

Once you have a good picture of your “happy place,” close your eyes and take slow and regular breaths through your nose and out of your mouth. Be aware of your breathing and continue focusing on the place you've imagined in your mind until you feel your anxiety lifting. Visit this place in your mind whenever you feel anxious.