



C..A.L.M

Relaxation activity to reduce anxiety and tension

C CHEST

Become aware of how your chest feels. If tight then release shoulders and breathe deeply to expand chest area.

A ARMS

Notice if your arms are rigid and tense. Allow the arms to relax and release tension

L LEGS

Draw attention to how your legs feel. If muscles are tight then allow them to release and let go

M MOVEMENT

When anxious we tend to become rigid. Adjust your movements to break the feeling of tension