

Try a relaxation activity

If someone appears anxious or stressed, **slow breathing** may help.

Say: “I have a technique which can help you to feel calmer when you feel stressed. It involves taking some slow breaths



together. Is it okay for us to try doing this together?” If the person is agreeable, then continue: “Together with me, take a breath in through your nostrils while counting to 3. Keep the shoulders down and let the air fill the bottom of the lungs and then exhale slowly through your mouth while counting to 6. Are you ready? We will do this 3 time.”

(This strategy will not help everyone, and if the person feels any discomfort then stop the exercise.)