



Box Breathing

Box Breathing can help your heart rate return to normal, which helps you to relax. Here's how you do it: If possible, sit and close your eyes. If not, just focus on your breathing.

Step 1: Inhale your breath (preferably through your nose) for 4 seconds.

Step 2: Hold your breath for 4 more seconds. You're not trying to deprive yourself of air; you're just giving the air a few seconds to fill your lungs.

Step 3: Exhale slowly through your mouth for 4 seconds.

Step 4: Pause for 4 seconds (without speaking) before breathing in again.

Repeat this process as many times as you can. Even 30 seconds of deep breathing will help you feel more relaxed and in control.

Hand Relaxation

Hand Relaxation helps to get rid of the tense feelings in your body. Here's how you do it: Clench the muscles in your left hand (make a fist) really tightly for 5 seconds. Then, let go gradually (for about 15 seconds), breathing slowly and concentrating on the feeling in your hand. Then, repeat using your right hand.

With practice, you can get really good at doing Box Breathing or Hand Relaxation techniques. You can do them just about anywhere, without anyone else knowing - on the bus, in class, even when you're hanging out with your friends.