Practise Breathing:
To Feel Calm...

CoPE Together
Step 1:
Find a quiet place and sit on a chair with back support.
Step 2: Lean against the back of the chair. Place your feet on the ground and your hands on your thighs.
Step 3: Sense the feeling that your weight and back are supported by the chair and your feet by the ground.
Step 4:
Breathe out through your mouth to a slow count of 4. Hold for 1-2 slow counts. Breathe in through your nose to a slow count of 3.
Repeat the exercise for 3-5 minutes until you feel calm.