

## My Personal Best

### An exercise to lower anxiety

This is a technique I was taught to lower anxiety. It can be done anywhere where you won't be interrupted, and it only takes a few minutes. It becomes easier and works better if you do it frequently, particularly once you can remember the sequence. You can modify it to stuff that helps you more - e.g. if you don't like shutting your eyes, you can cut that bit out.

1. Sit in a comfortable position.
2. Close your eyes.
3. Staying still, focus on your right hand. Try not to think about anything else. Think about the weight of it, the temperature of it, the position of it, what it's touching, how tense the muscles are. If you can, focus on the stiffness of the joints and feel the blood running through your hand.
4. Once you've managed to get really focussed on it, do the same for your left hand.
5. Once you have done the same for your left hand, do the same for your right foot.
6. Then your left foot.
7. Then your right knee.
8. Then your left knee.
9. Then your right elbow.
10. Then your left elbow.
11. Then your right shoulder.
12. Then your left shoulder.
13. Then the top of your head.
14. Then the tip of your nose.
15. Then the centre of your chest.
16. Then your right hand again.
17. Open your eyes, and hopefully you will feel much calmer.