



Calming Techniques

This exercise will teach you how to calm yourself psychologically and prevent panic response.

Calming Breathing

Changing your breathing from fast and shallow to slow and deep, using your lower lungs.

Slowly inhale to the count of four and concentrate on filling the lower part of your lungs and expanding your abdomen. Hold your breath to the count of two. Now, slowly, exhale to the count of four and relax. Rest for the count of two. Continue for 5 minutes, breathing slowly.

Option

Extended Exhalation. Take a slow breath, counting to five, then very slowly exhale completely, counting to eight. You can continue this pattern approximately 5 to 6 minutes.

You can practise those techniques several times a day, every day for several weeks.

You can use this technique if you are in a maths situation, in which you are very anxious. By practising often you become familiar and comfortable with them so that they are easily available for you in the times of high performance stress.

Simple visualisation exercise

This exercise involves using an image as a way to focus the mind.

Create in your mind an ideal spot to relax. It can be:

real or imaginary and somewhere you will find restful, calming, safe and happy

a place you would want to return to whenever you feel the need to relax

Imagine it in as much detail as you can – use your senses to make it as real as possible – and see yourself comfortably enjoying this place.

Now close your eyes and take a slow, regular breath in through your nose. Become aware of your breathing. Focus on your relaxation place in all its detail and breathe out through your mouth.

Do this exercise for 10 to 20 minutes.

If you continue with the exercises, the benefits will follow, such as:

Improved memory, better sleep, stable and positive mood, increased IQ