



International Stress  
Management Association UK

Promoting stress prevention and well-being

## “THE 60 SECOND TRANQUILLISER”

This is a quick and easy breathing technique to bring about rapid relief when needed.

Using positive thoughts will activate the parasympathetic nervous system and help you to switch off your fight/flight reaction. It is the perfect solution to rapidly calm nerves, focus the mind & help you to think more clearly.

You can use this simple & powerful exercise at any time when you feel worried, tense, nervous or anxious.

The benefit of this exercise is that it can be done anywhere at any time, if you are sitting down & it is safe to close your eyes that's fine, otherwise standing & with your eyes open is also ok.

- Say firmly but silently to yourself – “TAKE CONTROL”
- Repeat – “I CAN DO ANYTHING I WANT TO” and breath out slowly
- Slowly breathe in through your nose & then out through pursed lips, allowing the abdomen to soften and rise on the in breath then deflate and return to normal on the out breath.
- PAUSE
- Slowly repeat this for 6-8 breaths over the minute with the breath out being slightly longer than the breath in.
- Say to yourself each time – “I AM BREATHING IN PEACE & BLOWING AWAY TENSION”
- Each time you breathe out, make sure you relax your face, jaw, shoulders & hands.
- If your symptoms persist, repeat this technique for 3-5 minutes until you feel calm & relaxed.

ABDOMINAL BREATHING REVERSES AND HELPS CONTROL  
WORRY, TENSION, STRESS, ANXIETY, & PANIC.

**REMEMBER - IF YOU ARE RELAXED – YOU CAN'T BE TENSE**

To find a stress management counsellor in your area you can contact ISMA<sup>UK</sup> on:

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