



Tips to help you build confidence and cope with difficult situations:

1. **Build your confidence slowly** Try not to avoid every situation that makes you feel worried. Take things **one small step at a time**. The more you practise, the easier it becomes.
2. **Make a plan** Write down how you want to handle difficult moments. Having a plan can make things feel less scary.
3. **Celebrate your progress** When you do something well, reward yourself. Tell someone you trust, everyone needs encouragement.
4. **Old feelings might come back** When you face something hard, your symptoms might return for a bit. Keep going. They usually get easier as your confidence grows.
5. **Good days and bad days are normal** Everyone has ups and downs. Over time, you should notice more good days than bad ones.
6. **Use ideas from The Good Relaxation Guide** Try to make a routine that includes the parts of the guide that help you most. And remember — you can always ask a professional for extra support if you need it.

THE GOOD RELAXATION GUIDE

This booklet contains tips to help towards better relaxation.

Acknowledgment to NHS Greater Manchester ICB

Dealing with physical tension:

1. **Make time to relax** - Relaxing isn't a treat, it's important. Try to give it some of your best time, not just whatever time is left over.
2. **Add relaxing activities to your day** - Do something calming every day. Take your time, don't rush, and don't push yourself too hard.
3. **Learn a relaxation routine** - You can learn simple routines that help your body calm down. They take practice, so don't worry if it doesn't feel easy at first.
4. **Try guided relaxation** - There are lots of recordings and videos that teach relaxation. They can help you loosen tight muscles and use your breathing to feel calmer.
5. **Know what tension feels like** - Tension can show up as aches, stiffness, a fast heartbeat, sweating or a churning stomach. These feelings are common, and you don't need to be scared of them.
6. **Stay active** - Gentle exercise, like walking or swimming, can help your body release tension and feel more relaxed. See NHS www.nhs.uk/better-health/get-active/

Dealing with worry:

1. **Know that worrying is normal** - Everyone worries sometimes. Some people worry more than others, and that's okay. Worry can even be helpful because it tells us what we care about.
2. **Write down what's on your mind** - Make a list of the things you're worried about. You can rate each one out of ten to see which ones feel the biggest.
3. **Make a plan** - For each worry, think about what you can do to help the situation. Even small steps can make you feel more in control.
4. **Talk to someone you trust** - Sharing your worries can make them feel lighter. A friend, family member or your doctor can give helpful advice.
5. **Keep your mind busy in positive ways** - Try things like reading, puzzles, hobbies or anything you enjoy. If worrying thoughts pop up, repeat a calming phrase in your mind to help block them out.
6. **Enjoy quiet moments** - Sit somewhere peaceful and listen to relaxing music. Let your mind wander and imagine yourself in a happy, calm place.