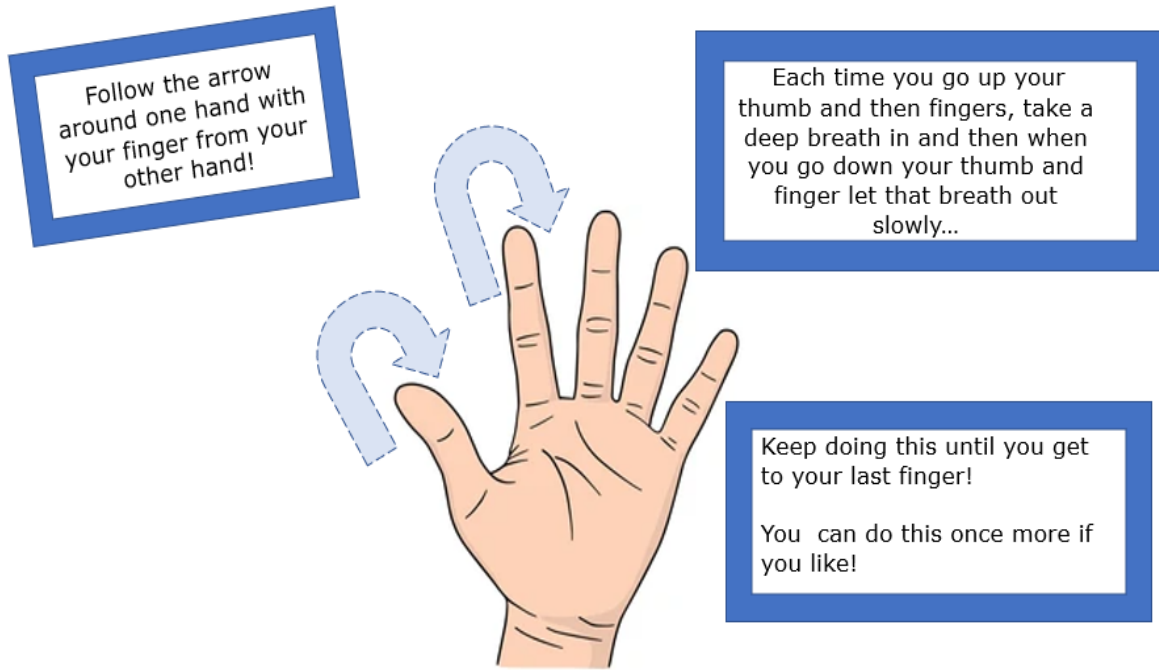


Hand Scan



Sometimes our minds race and we need to remind ourselves to be present in the moment. When we are present in the moment it can help us to feel less panic and less stress.

If you are starting to feel anxious or worried, it can sometimes be helpful to pull your mind back into the present moment so that you feel a little calmer in your thinking.

The following exercise is something that we often practice with the children and young people we work with and the feedback from many is that they find it helpful.

It is free and can be used at any time - for example if you are sitting in class and feeling panicky or if you are waiting for the bus and start to feel worry building up inside you.

To start, hold out one hand in front of you.

With your other hand, point your index finger and use it to trace your open hand starting at your thumb.

Move up from your thumb taking a deep breath in to your belly.

When you get to the top of your thumb hold your breath for two seconds.

Then move your finger back down your thumb, letting your breath out as you go.

Do the same thing for the next finger.

As you go up your finger, breathe in deeply to your belly. When you get to the top of your finger, stay there for two seconds.

Then move back down your finger letting your breath out slowly again.

Keep doing this until you reach the end of your hand.

If you like, you can start over again until you start to feel a little calmer and more present in the moment.