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| **Technique** | **Details** |
| Find a diversion | - Read a book or magazine to take your mind off your nerves.- Read inspirational stories or quotes.- Listen to music or watch a video that relaxes you.- Do a crossword puzzle, or play an electronic game.- Try lying down and taking a nap. |
| Breathe deeply | - Get comfortable and relax your muscles.- Inhale deeply and hold it.- Exhale and repeat.- Try adding stretching to your deep breathing.- Think positive thoughts, and avoid what's making you feel nervous. |
| Remove yourself from the situation | - Imagine you are somewhere else.- Think about what each of your senses is experiencing in this peaceful place.- Combine this visualization with music or deep breathing.- Try going outside and getting some fresh air.- Smile at someone or at yourself in the mirror. |
| Get physical | - Do some stretching exercises or take a walk.- Try running or a more physical activity.- Play a team or individual sport.- Try yoga. |
| Indulge yourself | - Enjoy a healthy snack.- Take a relaxing bath or shower.- Treat yourself to a pedicure or spa treatment.  |