

# Your Wellbeing



# Relaxation

These relaxation exercises should help calm the mind and the body.

## Breathe

**1. Breathe in and out as usual.**

Sit or lie comfortably with your arms relaxed.

Close your eyes if you want.

Just breathe normally, but try to notice your breathing.

**2. As you breathe in, count to 3 or 4.**

**3. When you breathe out, say 'Relax' to yourself.**

**4. Do this 5 times.**

**5. Go back to breathing normally.**

**6. Practice every day for a week – it should get easier.**



Don't force yourself  
if it's hard to do.  
Just go back to  
breathing normally.

It will still help you  
feel better.



# *Imagine a calm place*



1. Close your eyes and picture a place that is **calm** and **peaceful**.

Think about somewhere you've been, imagined or seen a picture of.

2. What can you **see**?

What colours are there?

3. What can you **hear**?

Are there birds singing or waves on the beach?

4. What can you **smell**?

The sea breeze or fresh rain?

5. What can you **touch**?

What does the earth feel like under your feet? Is it hot and sunny, or cool with a slight wind?

You can stop any time you want.  
Just open your eyes.

Give this place a name. Come back whenever you want. This will help you feel less trapped.

# Coping with flashbacks

Count  
5-4-3-2-1

Name:

- 5 things you can **see**
- 4 things you can **feel**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste**



Name things that you see around you right now, or just things you like.

If you are alone, saying these things out loud will work best.



What happened  
to me in the **past** is not  
happening to me **now**.

## *Be in the present*

- Pick up something soft and hold onto it. How does it feel in your hands?
- Place a cool, damp cloth on your face for a few minutes.
- Run your wrists under cold running water.



Tell your brain you  
are not back in the past.

Remind yourself  
you are **alive**.

You are **safe**.

You **survived**.

# Difficult thoughts and feelings

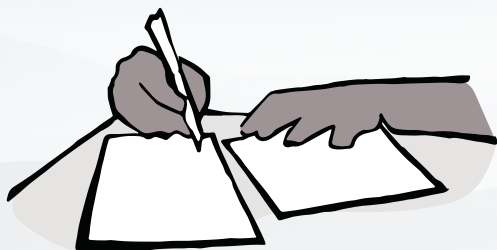
## *Distract yourself*

**These things can help you take control of difficult thoughts and feelings:**

1. Do a puzzle, like a crossword, word search or sudoku puzzle.
2. Read a book or watch TV.
3. Write a letter.
4. Do some exercise or stretching.
5. Draw or paint a picture, make a model or do something creative.



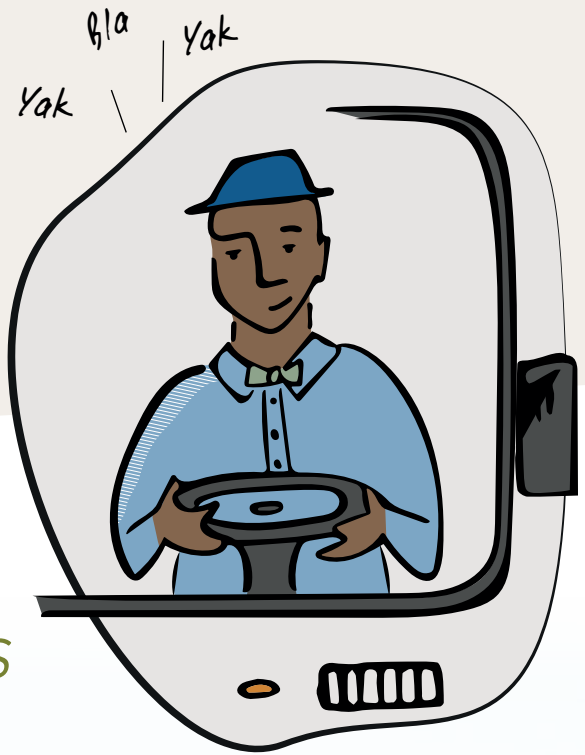
Think about what happens if someone calls your name while you are deep in thought. You will suddenly think about who is calling you. Your brain can switch to thinking about something else very quickly. This is useful if you need a break from difficult thoughts or feelings.



# Imagine driving a bus

Close your eyes and imagine:

1. You are the driver of a bus and your upsetting thoughts are the passengers. If you listen to the chatter you will be distracted.
2. Put up a glass shield between yourself and the passengers. You are now in your own cabin, driving the bus. You know the passengers are there but you can't hear them.
3. Look ahead and focus on driving the bus. The passengers can't get to you.
4. The upsetting thoughts are there but, like the passengers, they can't get to you.

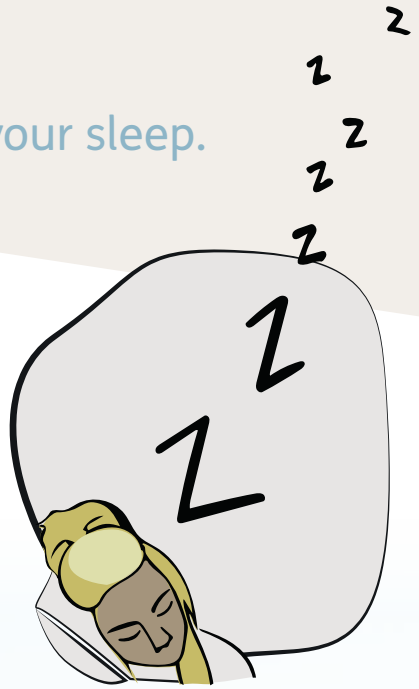


This may sound a bit odd at first but it works really well. It can help take the power out of upsetting thoughts.

# Sleeping well

| Improve the quality of your sleep.

- Try to wake up at the same time every day.
- Avoid daytime naps.
- Avoid tea and coffee after 2pm.
- Exercise during the day (but not right before going to bed).
- Try some of the relaxation exercises in this booklet.



## If you are in crisis and are having thoughts of suicide:

- Go to **A&E** or ask for an emergency appointment with your **GP**
- Call **999** or **111**
- Call the **Samaritans** 24/7 (**Freephone 116 123**)

For further information on help and support see:

[www.truthproject.org.uk/help-and-support](http://www.truthproject.org.uk/help-and-support)

**Phone:** 0800 917 1000 (8am-8pm weekdays; 10am-12pm Saturdays). Calls are free and won't show up on your phone bill.

**Email:** [contact@iicsa.org.uk](mailto:contact@iicsa.org.uk)

**Post:** Freepost IICSA Independent Inquiry (no stamp required).