

Relaxation and breathing - Tā te manawa

Relaxation and breathing activities can calm your central nervous system and help you unwind.

Breathe

When you feel panicky or stressed, try some breathing exercises. These can help regulate your breathing and reduce stress and tension in your body. You can do these on your phone; put on some headphones and give it a try.



4-7-8 Calm Breathing Exercise

Follow the guided instructions to calm your breathing and relax. See how you feel afterwards.



Box Breathing

Breathe in for four counts, hold for 4 counts, breathe out for 4 counts and hold for 4 counts. Draw a square box in the air with your finger. Each side of the box will be 4 counts. Learn about it by watching the clip.

You might have other things that help you feel calm and grounded like connecting with your wairua/spirituality, prayer, meditation, listening to music or connecting with your pets or loved ones

Five Senses Activity

To ground yourself quickly into the present moment, try this exercise to help you refocus.

Pay attention to:

- 5 things you notice in the room
 - 3 things you can hear
 - 4 things you can feel (such as your shirt on your skin, the chair you are sitting on, the breeze from a fan, your feet on the floor, etc.)
 - 2 things you like the smell of
 - 1 thing you like the taste of
- OR
- 1 good feeling you have about yourself.

Wellbeing Apps

There are many apps available to download on Android or Apple phones or tablets.

Here are a few that young people have recommended.

Headstrong

Headstrong is a free, science-backed health app specially designed for the young people of Aotearoa to enhance their mental well-being.

Āio

Aio is a meditation app grounded in Maori teachings designed to promote relaxation and balance. The free version includes six foundational videos.

Smiling Mind

Smiling Mind is an Australian mindfulness app with a range of guided exercises for young people. It covers topics such as sleep, managing grief, and positivity.

Melon

Melon is a health and wellbeing app with free meditation, sleep, and mindfulness activities.