

Self-Soothing during times of excessive stress

If you feel as though you're not getting enough air or you feel tightness in your throat and chest, take two deep and slow breaths through your nose and exhale through pursed lips (like you are blowing out a candle). As you inhale a third time, hold your breath until your breathing reflex takes over and your body automatically starts breathing again.



Hug yourself by crossing your arms and putting your hands on your shoulders. If you want, you can also close your eyes. Stretch your legs out in front of you and cross them in a relaxed manner. Deepen your relaxation by doing alternate and slow hand tapping.

Stand with your feet shoulder-width apart and your hands on your hips. Lift your chin and open your chest forward. Take a few deep breaths in and out. Now bring your attention to the firm connection your feet make with the ground and imagine that they are growing roots deep into the ground.



Stand on one leg, try to keep your balance and count backwards from **20 to 0**. Change sides and repeat.

If you need psychological support, please call the:
Women's Health Center FEM Süd: 01 60191 5201