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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. |