



Helpline: 0844 967 4848 ♦ Youth: 0330 606 1174
www.nopanic.org.uk ♦ admin@nopanic.org.uk

QUICK STRESS TEST

Are you anxious and stressed right now?

Here is a quick check you can do, takes a couple of minutes and you can do it anytime anywhere.

1. Bring your shoulders up to your ears, as high as you can go, keep them there until it starts to ache now take a slow steady breath in to the count of four and as you breathe out slowly relax your shoulders.
2. Take another slow steady breath in to the count of four and then breathe out slowly, as you breathe out let your shoulders fall as far as possible and feel the stress fall from them.
3. Repeat several times, concentrating on dropping your shoulders a notch each time you breathe out.

Practice this as many times throughout the day. You can do this exercise absolutely anywhere at any time. It is a great tool to keep check on how tense your muscles are.

