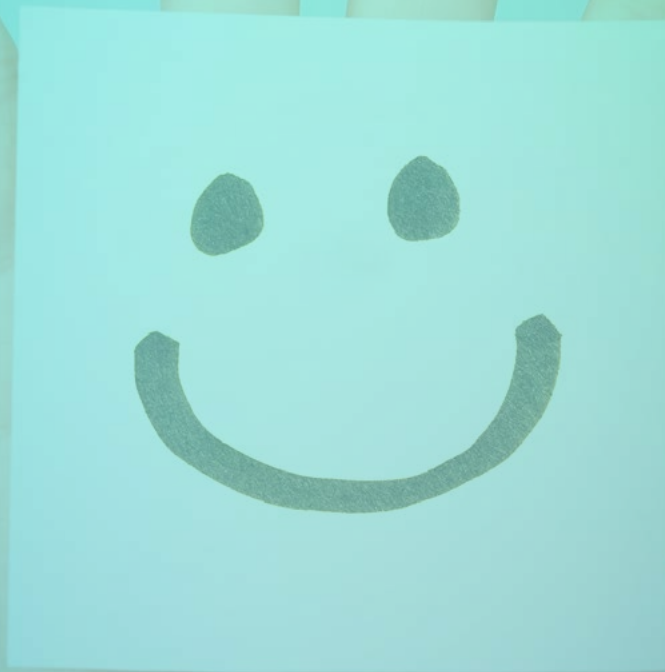


five tools for wellbeing



P A (U) S E

- FOR FIVE -

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five tools for wellbeing

part of our **Pause for five** series

There are times when we need “in the moment” tools to help press the pause button so we can reset & re-focus ourselves.

These 5 exercises don't need anything but yourself & a little bit of space!

1. Breathing for Calm



When our stress levels are raised it can raise our heart rate as well as our blood pressure. To help calm our nervous system, when we breathe deeply it sends a message to our brain to calm down and relax.

Make yourself as comfortable as possible
(Ideally in a seated position).
Close your eyes if you can.

For a count of 4 breathe in ...

For a count of 4 hold your breath ...

For a count of 4 breathe out ...

For a count of 4 resist breathing in...

Repeat this five to ten times.

2. Power Pose for Confidence



Amy Cuddy introduced the 'Power Pose' with her TED talk "Fake it till you make it" and is a wonderful tool if you need a boost of confidence.

You may be about to have a difficult conversation or deliver a presentation and taking just 2 minutes to strike a specific pose has been proven to have significant impact.

Find a space and stand hip distance apart and place your hands on your hips aka Wonder Woman. Stand tall and strong and hold this position for 2 minutes. By simply **holding this pose for 2 minutes we can influence the way we think and feel about ourselves.**

We highly recommend watching Amy's TED talk if you want to understand her research and the science.
https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en



3. Body Check to Release Tension

When we are stressed and anxious our body can respond by becoming tense and stiff. Take a moment to pause and do a conscious body check and body reset.

How does your neck feel? Where are your shoulders? How is your jaw? Are you clenching your teeth? How is your breathing? How are you standing (or sitting)? Have you made yourself small?

- Take a moment to do small circles with your neck
- Roll your shoulders
- Outstretch your arms
- Wiggle your fingers and toes
- Shift your weight from one leg to another
- Inhale deeply and slowly

4. Double Inhale for Anxiety



There are times in our lives when we are triggered and react with high levels of anxiety. A quick and immediate release can be accessed through a simple breathing technique:

- Take a deep breath in, as deep as you can.
- And when you think you can't possibly fit any more air into your lungs, take in another breath
- Hold for 1-2 seconds
- Expel the air with force and determination

Repeat as necessary

5. Affirmations for Self Esteem & mindset



Positive affirmations are statements that can help brighten your outlook on the world when you say them to yourself regularly. And whilst there is nothing to stop you identifying your own memorable, motivational and positive words there are a host of motivational quotes and sayings that have been created from the wisdom of others. Here are 5 to get you started:

“I am held and supported by those who love me”

“I am in charge of how I feel and I choose to feel happy”

“I am proof enough of who I am and what I deserve”

“I am still learning so it’s okay to make mistakes”

“I can control how I respond to things that are confronting”

To explore more wellbeing
resources visit

icecreates.com/pause-for-five

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We'd love to hear how 'Pause for five'
has made a difference in your
workplace or community.

You can share your story or find out more
about partnering with ICE by emailing:
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